

PHYSICAL EDUCATION



The square root of problem-solving, trust and communication

Objectives

Using a cooperative-game approach to develop problem-solving and communication skills, as well as trust and keeping an open mind.

Materials

- Blindfolds
- Pencils
- Assessment Sheet

Lesson Plan

- 1 All students (with exception of two or three who will act as observers) are blindfolded and spread out around the gym.
- 2 Stressing safety as being most important, the students are instructed to carefully and gently make their way into the center of the gym (or there about) and meet.
- 3 Once all students have met around the center, they must figure out how they can create a human square formation that requires everyone to lay on the ground/floor. They are to remain blindfolded the entire time. Communication is empha-

sized as one of the keys to being successful in this challenge.

- 4 If safety is at stake or total meltdown occurs, the teacher must step in to help.
- 5 Observers watch thoughtfully and carefully, noting on paper both positive behaviors that help the team or negative actions that hurt the team.
- 6 Observers are instructed to look for examples of trustful/non-trustful actions, positive and negative communication, and examples of people being open-minded during the activity.
- 7 After the square is completed, observers provide feedback to the group based upon what happened. (They are not allowed to mention a student's name if they are feeding back anything negative.)
- 8 Participants each fill out the assessment sheet on which they write their thoughts about how trust, communication and an open mind played large roles in this activity.
- 9 End with a group discussion noting lessons learned on a flip chart.

