

Content outline

This activity aims to develop basic communication skills, including verbal and non-verbal communication.

- Communication
- Problem solving
- Collaboration
- Creativity



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the playing area you are using (to make it harder)
- Decrease the playing area you are using (to make the task easier)
- If completing indoors, make sure the area is clear of trip hazards and any objects which could cause harm



Task

- Add time limits to put participants under pressure
- Use very concise / simple instructions for any younger participants
- Include complex instructions to increase difficulty, such as reversing instructions (Eg. Instruction "Forward" means the opposite)



Equipment

- Add some additional obstacles or zones to make the game more creative – could some items be used to create things to dodge / avoid?
- Use different household items (Eg. cushion, small soft toy, items of clothing) to use during the games
- Use coloured items to support non-verbal communication (Eg. Green item = go, Red item = stop)
- Could additional zones be added which could be used within your activity?



People

- If you have other people in your house, ask them to be your participants to lead to
- Describe your game a friend online – could they understand your activity?
- How can you adapt this activity for more people to take part?

Learning intention

Physical:

- To develop basic communication skills; verbal and non-verbal
- Create and deliver an activity using both types of communication

Personal:

- Communication
- Leadership

Learning questions:

- What are the two types of communication this activity develops?
- Which form of communication is easier to use? And why?
- Why might it be useful to use both types of communication whilst leading?
- Give an example when each type of communication could be used
- How could you adapt your idea for being indoors?
- How could you adapt this activity to suit someone who enjoys playing an activity like Netball?
- Create your own version of this activity and lead it to everyone in your household - then get their feedback; how would you improve the activity you delivered?