

As they apply their skills

# Spot to Spot

Activity Card



## Let's play

- One team of four in each 'garden'
- Lay out a course from the 'start spot' to the 'finish spot'
- Complete the journey moving from one 'spot' to another without falling off/touching the ground
- The team must take a precious object with them that they must all touch at some stage. This object could be a bucket of water, or a 'wounded Eagle' or an alien egg (a fit ball), etc.
- If they fall off/touch the ground or drop the precious object then they must all start again
- The team have one extra 'spot' that they can take with them to use where necessary during the course



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# Spot to Spot



## Key words

Control, balance, coordination  
Teamwork, thinking, communication, problem solving  
Strength, flexibility

## Resources

Throw-down markers, stepping stones, bouldering wall or climbing frame, milk crates, large foam blocks, variety of balls, buckets, objects, etc.

## Safety & Organisation

### Ensure:

- the surface is suitable and objects are safe to stand on
- objects are lifted, carried and placed safely
- route choices for less ambulant or wheelchair users as appropriate

## Opportunities to:

- cooperate with others to solve problems
- contribute to democratic decision making
- communicate ideas clearly to others
- take increasing responsibility for their own learning, and ask relevant questions in order to extend and improve performance
- begin to refine and adapt previously learned tactics, techniques and skills and apply them in new situations
- listen carefully to what others say about their work and use their observations to improve the effectiveness and quality of their own and others' performances

## Questions

- How well did the other group work as a team?
  - How well did they listen to one another?
  - How well did they value each other's contributions?
  - How well did they encourage one another?
- How can watching someone else help you improve your teamwork?
- Did anyone take charge and how did you feel about this?
- How could you improve your teamwork?
- What was the most difficult part of the journey and why?
  - How could you make this easier?

## Changes to the activity

### Change the:

#### Space

- distance between equipment
  - longer and harder, shorter and easier.
- environment - steep grass slope, bouldering wall, climbing frame, only allowed to use certain sections, holds, bars, etc. Consider using a safe water environment e.g. a shallow stream

#### Task

- the order in which the stages of the journey are completed by giving numbers to different pieces of equipment
- number of body parts or the type of body part allowed to touch equipment
- rules relating to the precious object, e.g. only one person to carry or all must be touching all the time, etc.
- rules relating to 'spot' they take with them, limit number of uses, or give penalty points for using, etc.
- activity to become a timed activity or 'before the sand runs out' activity

#### Equipment

- surface area of equipment
- course to include, caves (parachutes to go under), swamps, crocodile pits, etc.
- 'spot' they take with them, so it becomes more difficult to carry, use, etc.
- precious object so that it becomes more difficult to manage

#### People

- number in each team
- role each person plays in the team
- course creator – deliverer/leader set course for group, group set course for themselves, group set course for another group, etc.

