

Ten times

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses; Expert & On The Go

Materials : incl. materials

Type of exercise : oral

Duration exercise : 30 min.

Objectives

The learner can count to ten.

Materials

A ball, a Frisbee, something to throw

Preparation

You need some space. Delimit the playing field.

Instructions

- Divide the group into two teams.
- The aim of the exercise is to pass the ball ten times within your own team.
- Every time the ball is passed, the learner who passes the ball, says the next number aloud.
- The other team tries to interrupt this process by shouting wrong numbers.
- If the ball hits the ground, leaves the delimited field or another mistake is made (e.g. body contact), the other team gets the ball.
- If a team completes ten passes, it wins.

Variant

To make it more difficult, you can add the rule that it is forbidden to pass the ball to the player who passed it to you.

Tips for the instructor

- The game is supposed to be played without making any body contact.
- This exercise is suitable for playing outside.

Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Listening
- Speaking

Linguistic competence/knowledge

- Vocabulary
- Oral language skills

Social-emotional skills and competences

- Fun