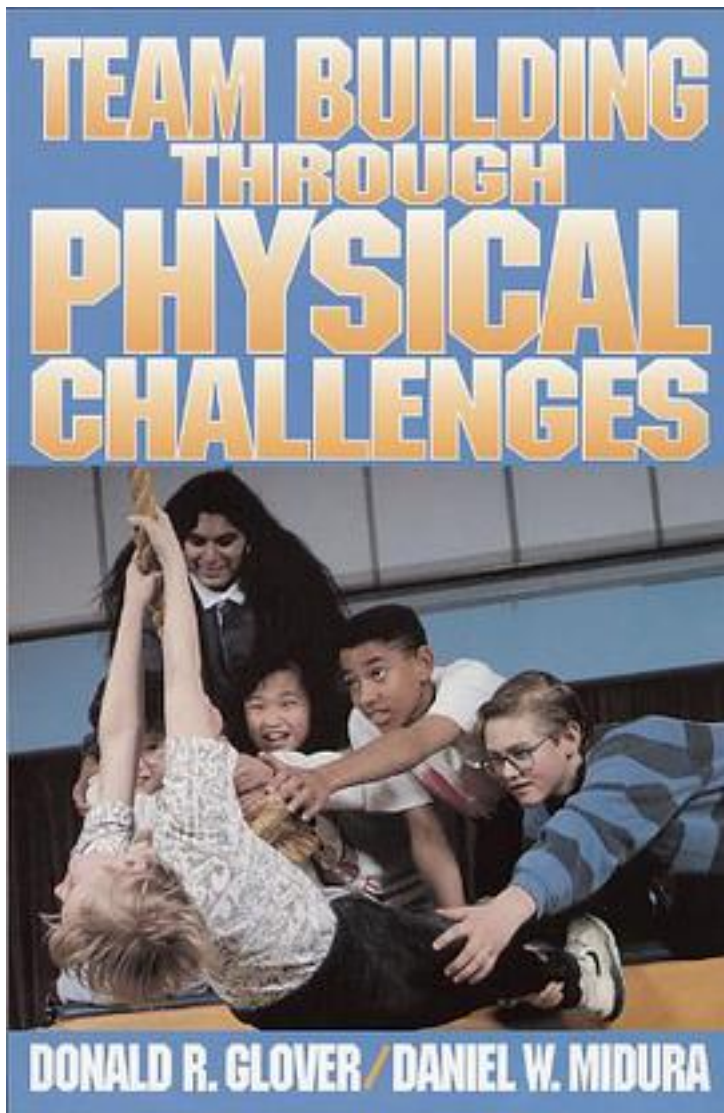


Team Building Through Physical Challenges



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The activities in "Team Building Through Physical Challenges" are designed to develop interpersonal skills as well as motor skills. These 22 Outward Bound-type tasks challenge students to work together to achieve a common goal. They aim to teach students to value teamwork, practise leadership skills, improve listening skills, and appreciate individual differences. The activities in "Team Building Through Physical Challenges" are broken down into three levels - introductory, intermediate, and advanced. These levels make the challenges ideal for students in primary and secondary schools. Each of the physical challenges features a summary that includes a detailed description, success criteria, an equipment list, set-up instructions, rules and sacrifices, possible solutions, and more. "Team Building Through Physical Challenges" is easy for physical educators, classroom teachers, and recreation leaders to use. Cards that explain each challenge to students are contained in the text and can be easily copied and laminated. The activities require equipment that is readily available - tumbling mats, ropes, balance beam, cage ball, tyres, and others. Diagrams show you exactly how equipment should be set up, and photos illustrate possible solutions for each challenge. Sample physical challenges: Alphabet Balance Beam (introductory) - group members attempt to rearrange their starting order while positioned on a balance beam. They begin in a random order and the instructor or members choose a way to rearrange (alphabetically by first name, by street address etc). Bridge Over the Raging River (intermediate) - All group members must travel from one end of a gymnasium space (land) to the other end without touching the floor (river). The group can use only the following equipment: four automobile tyres, two eight-foot length 2 x 4's, and two jump ropes (preferably sash cord).

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