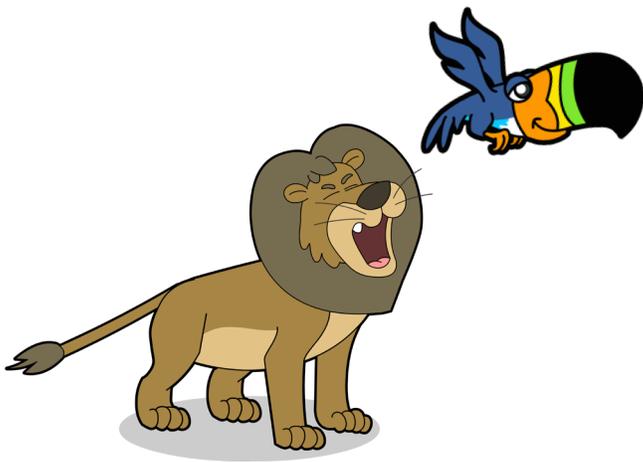


COOPERATION LESSON 2: REACHING A GOAL TOGETHER



students will

- Work together to create strategies to accomplish a goal
- Cooperate to apply these strategies

materials

- Medium size ball (dodgeball size)
- Stopwatch (like on a smartphone)

approximate lesson length: 30 minutes

Pre-Activity Discussion

Cooperation games are a great way to teach teamwork and strategy. In this activity, students will practice their cooperation skills to make sure everyone "catches Lester," or touches a ball, in the shortest amount of time possible.

SAY: In this activity, we're going to think about the best way to reach a goal as a team. An example of a team is a relay race team at the Olympics. Four runners have to run and pass a baton to each other. Their goal is to get the baton over the finish line as fast as possible. They are either trying to beat the times of the other teams, or beat their fastest previous time.

Go over the following questions with the group:

- If you had a goal to run a relay race as fast as possible, what are some things you might do to prepare?
- Do you think you would be more likely to win the relay race if you practice first, or if you just show up the day of the race and run?
- What would happen if three people on the team were trying very hard, but the fourth teammate wasn't trying their hardest?

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Activity Directions:

This activity will work with 5+ students. If you have a group of more than 10, split them into teams.

- 1. SAY:** The goal of the game is for everyone to "catch Lester," meaning every person needs to touch the ball at least once. I will be timing you to see how quickly your team can accomplish their goal.
- In the first round, don't allow students to talk to each other beforehand. Have students **sit or stand in a line or circle**. Hand the ball to one student and tell them to start shortly after you explain the goal. Be sure to time them, and monitor if each student has indeed touched the ball at least once before stopping the timer.
- Tell students their time.
- Brainstorm - Ask students how they think it went? What worked or didn't work about what they did that round? Does anyone have an idea of what could be done to improve their time?*

Goal - Catch Lester

Everyone needs to touch the ball at least once in the shortest amount of time possible



What was our time?

How long did it take for everyone to "catch Lester" or touch the ball at least once?



Brainstorm

- How do you think the first try went?
- What worked?
- What didn't work?
- Does anyone have ideas for how to improve our time?



- Have students try again while implementing one or more of their new ideas. Again, be sure to time them, and monitor if each student has indeed touched the ball at least once before stopping the timer.
- Repeat steps three and four the desired amount of times.
- If students finished the activity too quickly, make it more challenging by having them cooperate without talking, while only using one hand, using no hands, or even with their eyes closed!

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*Some examples of strategies if students have trouble coming up with them:

- Students sit in a circle and roll the ball to a person across from them.
- Students call out their name when they touch the ball so others know who still needs to touch it.
- Students stand in two lines across from each other and throw the ball across.
- Students sit in a straight line or circle and roll the ball along.
- Students stand in a straight line or circle and pass the ball to their right.
- Students stand in two straight lines across from each other. One student holds the ball and walks through the middle, allowing each student to touch it as he walks by.

Post-Activity Discussion

Go over the following questions with the group:

- What was the experience like the first time we tried this activity?
- Were we more successful when we had a plan? Why?
- Was there anything that didn't help the group?
- What strategy was the most successful in our goal of everyone "catching Lester" in the shortest amount of time? Why was it successful?

Vocabulary

Explain that working together as a team is called **cooperation**, and when we **cooperate**, it's easier to accomplish our goals.

Wrap-Up

SAY: Having a clear strategy before we try something makes it more likely we will reach our goal. If the first strategy doesn't work, it just means we need to brainstorm again and try a different strategy. When we work together and listen to each other's ideas, we can come up with a plan to achieve greater success.

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Educator Notes