

# Centipede



## Objective

A cooperative problem-solving physical activity.



## Equipment

- Cones
- Planks of wood
- Rope – can be skipping ropes



## Preparation

- Prior to the lesson prepare planks of wood with rope tied around them, enough for two sides of rope per child.
- Split the children into teams of 4.
- Place 2 cones roughly 10 meters apart for each team.
- Provide each team with 2 planks of wood that have ropes tied to them.



## Instructions

- Every child should have one foot on each plank of wood.
- Every child should be holding on to two pieces of rope.
- The aim of the game is for the teams to race from one cone to another.
- Each team must work cooperatively and communicate effectively to move from point A to point B using the planks.
- No one's foot should touch the floor, if it does the team must go back to the start and try again.



## Other information

- Highlight the dangers of working with larger equipment.
- Highlight the dangers of working in a small/confined area e.g., pushing, trips and falls.
- Highlight the dangers of working in close contact with other children e.g., bumped heads.

