

Human Knot



Objective

A competitive and cooperative physical activity which requires children to use problem-solving skills.



Equipment

- No equipment required



Preparation

- Split the children equally into appropriate groups, taking into consideration ability and space available.
- Have the children create a circle in their groups and ask them to hold out both arms in the middle of the circle.
- Ask the group to take their right hand and hold the hand of somebody that is not standing next to them. Then ask the group to take their left hand and hold the hand of somebody that is not standing next to them.
- You should now have a group in a circle with each holding hands of two different people.



Instructions

- The aim of the activity is to untangle the knot, so they are in a circle, with all group members facing inwards.
- Provide the participating children with some rules of the game:
 - The group cannot let go or break the knot - if this occurs, then they must start the activity again.



Other information

Have a child as a 'leader' who directs the group to move.

