

THEME

Contributing and
Influencing

SUB THEMES

Planning to Lead
Leading in Action

Overview

Adventure Based Learning (ABL) uses sequenced adventure activities for specific personal and social development outcomes. It involves co-operative games, trust activities and problem-solving activities.

There are three activities included (Have You Ever?, Circle the Circle, and Magic Hat) as samples of suitable co-operative activities for Participants to learn about then lead for others. The three sample activities are useful for group interaction, co-operation and team building. Facilitators are encouraged to explore other ABL resources (www.pa.org and www.sportsdistributors.co.nz).

As leaders of co-operative activities, Participants are expected to source and select activities of their own for use in the leadership role.

Leading Co-operative Activities 3

Knowledge and skills

Knowledge of context, leadership style and roles, planning and organising, goal-setting, applying strategies, leading change, reflecting and evaluating.

Resources

- Leader Journal template for reflecting on the leadership experience
- Equipment relevant for each activity – see each activity instruction sheet



STEP 1

Ensure that the right equipment is available for each of the activities in the session. If possible, set up all of the activities before the session.

STEP 2

Begin with Have You Ever? for approximately 10 minutes, followed by Circle the Circle (20mins) then Magic Hat (25mins).

STEP 3

Facilitate each activity by:

1. Briefing Participants on the activity
2. Observing the Participants during the activity
3. Facilitating a debrief at the end of each activity.

Sample Debrief Questions

Have You Ever?

This is a fun interaction activity for the start of the session. No debriefing required.

Circle the Circle

What was the communication like during the activity?

How could it have been better?

Did anyone take a lead role? In what way?

Was the activity frustrating? If so, how did the group respond?

Magic Hat

How did you work towards completing this activity?

What happened when mistakes were made?

How did the group respond?

What made it possible to complete the activity?

STEP 4

Each Participant leads a small group e.g. six children, in a co-operative activity or a session of activities. A session could be approximately 60 minutes and include three games.

STEP 5

The Facilitator may use the *Growing Leaders* Criteria Checklist or Leadership Experience Reflection 1 to provide Participants with feedback on their leadership.

The Participants write a response to each activity in their Leader Journal template.



OBJECTS USED

Spot markers.

SET-UP

Participants in a circle, each on a spot marker, with one participant in the centre without a spot marker.

DESCRIPTION

The person in the middle completes the phrase, "Have you ever...?" For example – "Have you ever played rugby?" Anyone in the circle who can answer "Yes" to the question must leave their spot, trying to move to a space vacated by another person who answered "Yes" to the question. The person in the middle attempts to take a vacant spot before the Participants who are swapping places get there. Whoever does not get a spot in the circle remains in the middle and is the next to ask "Have you ever?". The same question cannot be asked twice.

ALTERNATIVES

If Participants are struggling to think of things to ask, a leader/coach can be outside the activity calling out the "Have you ever?" line each time instead of the person in the middle. The area can be made larger so more running is involved.

HAVE YOU EVER?

CIRCLE THE CIRCLE

OBJECTS USED

Tape slings/bands of at least two colours.

SET-UP

Participants in a circle holding hands. One pair has their hands through the two different-coloured tape slings with the slings resting on their wrists.

DESCRIPTION

The goal is to get the slings around the circle as fast as possible without letting go of each other's hands, sending one colour one way and one the other.

ALTERNATIVES

Use the normal set-up on one side of the circle, and on the other side add two tape slings (still of different colours) that are joined together. The two colours still have to travel in opposite directions despite being joined. Use two hoops to make the activity faster.



OBJECTS USED

Line markers, a hat.

SET-UP

Two parallel lines, with Participants behind one line while facing the other.

One of the Participants has the Magic Hat.

DESCRIPTION

The task is to get the whole team across the danger zone to gather safely behind the line on the other side, given the following rules:

1. You may only touch the ground in the danger zone when wearing the Magic Hat
2. Each person may wear the Magic Hat for one crossing only
3. The Magic Hat may not be thrown.

ALTERNATIVES

Start with the Hat in the danger zone – the group has to retrieve it without stepping into the danger zone.

Use another item of clothing e.g. a jacket – and call the activity Magic Jacket.

MAGIC HAT



LEADER JOURNAL

3» NAVIGATE

NAME _____

Leading Co-operative Activities 3

Reflecting on your leadership

When you led this co-operative activity:

1. What went well?

2. Why did it go well?

3. What would you change for next time?

4. What surprised you?

The co-operative activity I led was...

5. What did you learn about
your leadership?

6. What would you change about
your leadership next time you are in a
leadership position?

