




Ice-Breaker

Time allowed	Name of Activity	Rules & Objectives	Equipment	Ages
5-10 minutes You could also make this a competition between smaller groups first team to finish wins.	Human Knot	<ul style="list-style-type: none"> • Make small groups between 6-10 and stand in a circle • Place right hand into the circle and take the hand of someone opposite • Place left arm in to the circle and take the hand of a different person. • Without letting go of hands the group have to try and untangle the mess of hands if done properly they should create a large circle 	Just your pupils – if they achieve the objective relatively easy in their small groups you can go on to try it again in larger groups	This activity is suitable for years 2 to 8.

Links to Sky Sports Living For Sports Six Keys To Success **People skills** emotional understanding, respect for yourself and others. Teamwork and leadership.

Spirit of the Games: **Teamwork**  Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.