

GIBA SCHOOLS & YOUTH GROUPS



KEY WORDS

TEAM TASKS, GAMES AND COMMUNICATION

Giba Excursions Dept offers fun and interactive programmes for primary and high school ages with activities that are customised to suit the grade of the group so as to facilitate learning at an appropriate level.



OBJECTIVES

- Encourage learners to cooperate with one another and work as a team.
- Improve individual participation and increase mental and physical support.
- Involve learners in physical activity in a fun way and increase awareness of the importance of recreation.
- Improve communication and build awareness of skills required to communicate effectively.
- Build team spirit and help participants get to know one another better.



ACTIVITIES

INTRODUCTIONS AND ICE BREAKERS – We start with a team split and participation activities to get everybody involved.

Description of the activities below:

TEAM TASKS & GAMES – Tug-O-War, Caterpillar Walk and Water Relay.

COMMUNICATION GAMES – Blindfold Tasks & Communication Exercises

GRADE VIII AND UP

ORIENTEERING CLUE CHALLENGE – Using compasses to find clues and crack a code (Grade VII and over)

LEADERSHIP CHALLENGES – Problem Solving Activities requiring Team Coordination (Grade VII and over)

OPTIONS

Option 1: Junior Survivor – includes team tasks and the 5 km hike to the waterfall – 6 hrs

Option 2: Team Challenge – includes team tasks – 3 hrs

Option 3: Orienteering Clue Challenge – A lesson in orienteering including the hike to the waterfall– 6 hrs

Option 4: Leadership Day – includes team tasks, talks on leadership and introspection tasks – 5



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