

TRAIN GAME



LESSON

3

PURPOSE

- Children can perform as a member of a team, communicating and supporting other team members to be their best.
- Children can create new strategies as part of a team by reflecting on past performances.

DURATION:
30 MINUTES

AGE RANGE:
7-11 YEARS

SET UP/EQUIPMENT

- Create a course with 2 sides of equal length, which children can run round.
- On each side create a 'team train station'. This is where the group will start and finish.
- Teams of 3-6.

4Es:
ENGAGE
EXPLORE

STEP FRAMEWORK

SPACE

Increase/decrease length of loop, vary the terrain, create a league. Set up many courses which they can organise themselves.

TASK

Agree the changes to the rules. Award points for winning and bonus points can be earned for carriages staying together during the activity. Bonus points for the most encouraging team etc.

EQUIPMENT

Change the shape of the course using equipment to manoeuvre. Play the game on bikes or in the pool to practice drafting.

PEOPLE

Children can be allocated roles and officiate games so more than one course can be used at one time. The numbers in teams can be varied to increase and decrease the distance run.

KEY QUESTIONS & VOCABULARY

- What helped your team be successful today?
- How did you feel working as part of a team?
- Was there anything you found difficult about working in a team?
- When else in the school day/school clubs do you work as part of a team?
- Why do you think team work might be important in a triathlon event?
- Would you like to take part in a triathlon relay team?

RUN

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ACTIVITY GUIDE

LEARNING QUESTION:

What do you think is important when working as part of a team?

1. ACTIVITY

- The aim of this activity is for the children to work together as a team to be the first train back to the team station, therefore completing a set number of laps in the quickest time possible.
- Each team starts at a train station (base), lining up one behind each other, close enough to be able to touch the person in front, like carriages on a train. The 2 teams start opposite each other.
- The teams will run continuously for a set number of laps, i.e. if there are 3 members of the team – 3 laps, 4 members – 4 laps etc.
- On 'go' both teams run around the course but each lap is led by a different driver. Therefore, each time they pass their starting station, without stopping, the current driver of the train slows down and goes to the back of the line. The second person then becomes the driver and maintains the pace. This repeats with each person leading a lap.
- The first train/team back to the station is the winning train, however this is judged on the last carriage/person over the line not the first.

2. DISCUSSION:

Think of 1 way your team worked well and 1 thing you'd like to improve. Now develop a new strategy/plan for the next time you play, consider: order of the team, speed throughout, communication etc.

3. CHALLENGE

This activity can be completed in many ways, for example:

- As a round robin, with mixed ability teams where all teams race each other, resulting in quarter-finals, semi-finals.
- On multiple loops set up where trains (children) are matched evenly to create close races.

4. PLENARY

Think of an example of what your team did that helped you during that activity. How did you find working together to create a team strategy/plan?

