

# Example Team Development Program/Activities

Day:

Time:

Venue:

## Introduction

### Warm Up

- Checkers (aka Draughts)
- Connect 4
- Jenga (x 2)
- Snakes and Ladders

(Each should be played in teams of 3-4 and remaining people can all join in on Jenga – may want to nominate referees)

### Parachutes (see games sheet for detailed explanation)

- Make waves
- Mushroom
- Shute ball
- Bouncing ball
- Mexican wave with ball
- Number change
- Volleyball

15 minutes warm up

20 minutes volleyball

5-10 minutes debrief

### Team Walkers

1. Divide into 4 teams of 4
2. Practice walking on team walker
3. Practice walking blindfolded on team walker (leader is not blindfolded)
4. Using available materials (cones, lego, jenga, tug of war rope, parachutes), create obstacle course for other team
5. Complete course (will be timed and penalty points for course destruction, avoiding obstacles, etc.)
6. Change leader every 2 minutes (leaders goes to back and puts on blindfold)

Depending on timing use these variations:



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- Move to a second obstacle course and leave the last person on the walker un-blindfolded instead of the first.
- Do a second course in the same way and see if you can beat the time of the team who previously completed that course.

10 minutes intro and practice

10 minutes to plan and build obstacle course

10 minutes to complete obstacle course

10 minutes to complete second obstacle course (optional)

5-10 minutes to debrief

## Giant Jenga

1. Break into 2 teams of 8
2. Each player takes it in turn to remove a block from the tower and place on top
3. 1 point for every layer

*Variation:*

1. Assign a colour (blue, white and red) to each player
2. Each player takes it in turn to remove a block (it must be their assigned colour) from the tower and place it on top.
3. 1 point for every layer.

Repeat if tower doesn't get too high.

***If there is time left:***

- ***Ask teams to create and teach a parachute game***
- ***Play tug of war***

## Debriefs

- What approach did you take?
- What worked well?
- What might you have done differently?

Consider:

- Cooperation/team spirit
- Communication
- Problem solving
- Planning
- Innovation
- Drive

(How did you reconcile drive and team spirit/cooperation?)



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