

Andy Williams
Teamwork and Challenge Activities
Lesson November 12, 2009

Reflection

1.) Describe the overall organization of the lesson.

This week I taught my lesson on cooperative activities dealing specifically with teamwork and challenge. After the introduction, I did a group Stand-Up activity which involved students getting into pairs with their backs to each other and sitting down. I then had them interlock arms and try to stand up together. Once they accomplished this, I had them get in groups of 4 and try it. After they were able to do this, I had them try groups of 6.

The next activity we did was the Hoola Hoop Pass drill. I first had the whole class form a circle and run through the drill once with just one hoola hoop, passing it around the entire circle with each student going through and keeping their hands locked. After they went through once, I did it again with 2 hoops traveling in opposite directions. I then split the group into 2 small groups and had them compete against each other to see which group could move one hoop around the fastest.

The third activity that I did was the Human Knot. I started by dividing the class into 3 groups of 4, which made the task fairly easy. I had them try again, but in 2 groups of 6. This was a little more difficult, but it still did not take them long. Finally, I had them try with the whole class of 12.

The final activity we did was Moon Ball. In this activity we had everyone pair up and link arms with their partner. I marked off boundaries and told them they had to work together with their partner and group to try and hit the beach ball in the air as many times as possible without letting it hit the ground or go out of bounds.

2.) What worked well, what needs improvement, how would you improve it?

I felt that the activities were good for teaching teamwork and letting the students have fun in the process. If I had to do it over, I probably would have spent more time on the first three games and not done the fourth because it did not promote good communication the way the other three games did. Furthermore, we only had time to do the fourth game for a couple of minutes which was fairly pointless in my opinion.

3.) How do you think the lesson went this week?

I felt that the lesson went fairly well this week. I feel that every time I am put in front of the class I make improvements and learn just as much, if not more, than the students themselves. However, I still have plenty of room for improvement.

4.) What can you do better next time?

I would have to agree with my peer evaluations which address the fact that my voice is not always as clear and forceful as it should be. It is one of the biggest things I struggle with in learning to teach, but I feel that I get a little better every time I try. Also, I need to refine my ability to explain activities. For this age of kids I need to slow down and take time to make sure they know exactly what I am talking about. Furthermore, I need to use more positive specific feedback instead of being so general.

5.) Describe the introduction to the lesson, transitions from activities, and closure to the lesson.

During my introduction, I explained that we were going to do activities emphasizing teamwork and challenge. I then began asking them questions about teamwork, addressing the specific skills that go into good teamwork as well as its importance. I then transitioned from one activity to another by briefly explaining things that they did right or wrong and then going on to explain the next activity. I then ended the lesson with the closure by asking the students which

activities they thought were the hardest and why. I also asked them how teamwork and the skills previously mentioned helped accomplish each activity.

6.) What worked well, what needs improvement, and how would you improve it?

I felt that my introduction and conclusion went fairly well and got my point across. However, I felt that my transitions could have been better. I spent minimal time explaining each activity. It is good to be concise, but it is more important to get the whole message across to the students. The one thing that I should have emphasized more was keeping hands locked. In each activity where the students had to hold the hand of a teammate, someone at some point decided to let go. This caused a lot of headaches, especially in the Human Knot drill. This being said, it was still a pretty good lesson overall. The students developed their teamwork and communication skills, and I became slightly more accustomed to the teaching setting.