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Team Building Through Physical Challenges

By Donald R. Glover, Daniel W. Midura

Human Kinetics Publishers, United States, 1998. Paperback. Book Condition: New. New.. 226 x 150 mm. Language: English . Brand New Book. The activities in Team Building Through Physical Challenges are designed to develop interpersonal skills as well as motor skills. These 22 Outward Bound-type tasks challenge students to work together to achieve a common goal. They aim to teach students to value teamwork, practise leadership skills, improve listening skills, and appreciate individual differences. The activities in Team Building Through Physical Challenges are broken down into three levels - introductory, intermediate, and advanced. These levels make the challenges ideal for students in primary and secondary schools. Each of the physical challenges features a summary that includes a detailed description, success criteria, an equipment list, set-up instructions, rules and sacrifices, possible solutions, and more. Team Building Through Physical Challenges is easy for physical educators, classroom teachers, and recreation leaders to use. Cards that explain each challenge to students are contained in the text and can be easily copied and laminated. The activities require equipment that is readily available - tumbling mats, ropes, balance beam, cage ball, tyres, and others. Diagrams show you exactly how equipment should be set up, and photos illustrate...



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Reviews

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Cade Nolan**

Totally one of the better publication I have actually read through. It really is rally fascinating throug studying time period. Its been printed in an extremely simple way and is particularly just following i finished reading through this ebook in which basically modified me, modify the way i think.

-- **Mrs. Maudie Weimann**