Shipwreck
A lesson in team movement by
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Objective: This is a lesson in movement and working as a team.

Grades: 7th-12th

Time allotted: 20 minutes

Materials: Long sturdy cardboard tubes
           Boom box and CD

How:
 despre. Students will break up in groups of two.
 despre. Each group will receive a tube.
 despre. One student will be the survivor and the other student will be the wave.
 despre. The students will be told that there was a terrible accident at sea and that a few survivors have clung for dear life two the shipwreck debris. (TUBES)
 despre. The student who is the survivor has no movement control.
 despre. The Student who is the wave does all the movements.
 despre. The survivor student will hold onto the tube and the wave will stand behind the survivor.
 despre. He will move the survivor using the tube.
 despre. After a while the team members will switch so everyone has a chance to be a wave and a survivor.

[Diagrams of wave and survivor]