Content outline
This activity aims to develop basic communication skills, including verbal and non-verbal communication.

- Communication
- Problem solving
- Collaboration
- Creativity

**STTEP**

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

**Learning intention**

**Physical:**
- To develop basic communication skills; verbal and non-verbal
- Create and deliver an activity using both types of communication

**Personal:**
- Communication
- Leadership

**Learning questions:**

- What are the two types of communication this activity develops?
- Which form of communication is easier to use? And why?
- Why might it be useful to use both types of communication whilst leading?
- Give an example when each type of communication could be used

**Space**
- Increase the playing area you are using (to make it harder)
- Decrease the playing area you are using (to make the task easier)
- If completing indoors, make sure the area is clear of trip hazards and any objects which could cause harm

**Equipment**
- Add some additional obstacles or zones to make the game more creative – could some items be used to create things to dodge / avoid?
- Use different household items (Eg. cushion, small soft toy, items of clothing) to use during the games
- Use coloured items to support non-verbal communication (Eg. Green item = go, Red item = stop)
- Could additional zones be added which could be used within your activity?

**Task**
- Add time limits to put participants under pressure
- Use very concise / simple instructions for any younger participants
- Include complex instructions to increase difficult, such as reversing instructions (Eg. Instruction "Forward" means the opposite)

**People**
- If you have other people in your house, ask them to be your participants to lead to
- Describe your game a friend online – could they understand your activity?
- How can you adapt this activity for more people to take part?

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