

## The Riverboat 划船过河

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**Team Cooperation** 小组合作

**Trust** 信任

**Problem Solving** 解决问题

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Requires a group to transport themselves across a large open space. There is one basic solution to this task, but it usually takes a group the better part of a class period to successfully complete the challenge.

要求一组成员穿过一大片空地。这个任务有一个基本的解决办法，但它通常要这一组利用一节课中较好的时机来成功地完成这一挑战。

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### Description

The team will transfer themselves from one area to the other without touching the ground with their bodies. The group may use two folded tumbling mats (or pieces of plywood) to create a riverboat. All members of the team and all equipment must make it to the other side.

#### 描述

该小组要在身体不碰在地上的情况下把自己从一个地方转到另一地方。该组可以使用两个折叠翻滚垫（或胶合板）造一艘船。小组所有成员和所有的设备都必须到达对面。

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### Equipment

2 standard tumbling mats or pieces of plywood

two small tires

2 long jump ropes or pieces of rope

#### 设备

两块标准翻滚垫或胶合板

两个小轮胎

两根跳远的长绳或小段的绳

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## Rules 规则

1. If a group member touches the ground with any part of their body, the entire group must go back to the starting position.

如果有一个队员的身体任何一个部分接触到了地面，整个团队都要重新回到起点。

2. All equipment must be brought across the river.

所有设备都必须带到河对面去。

3. No one may call a teammate by his or her last name.

谁都不可以叫队员的姓。

4. Everybody in the team must listen to anyone who would like to suggest an idea. Any team who uses “put downs” or makes any other team member feel uncomfortable will be disqualified.

任何一名队员提出建议其他每一个队员都必须认真听。无论哪一组贬低他人或让其他队员感觉不舒服，则一律取消比赛资格。

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## Toxic Waste Transfer 转移有毒废物

Requires the group to transport objects across an open space without directly touching the objects or their container. The group will manipulate a bucket filled with small objects using ropes attached to the bucket.

要求小组在不直接接触的物体或其容器的情况下将物体运过一大片空地。该小组将用绳子绑在装满小物体的桶上来移动水桶。

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### Description

After forming a circle around the 5-gallon bucket and holding the ends of the ropes attached to the bucket, the group will transport the bucket from one location to another. When they reach the location, they will be required

to transfer some of the contents of the bucket into the other container. If something is spilled (toxic waste) then the team must choose a member of the team to dress in protective clothing, remove the contents, come back, remove the protective clothing, and then the team goes again. Each time there is a spill, a new new team member is the toxic waste expert.

#### 描述

绕着 5 加仑的水桶形成一个圆圈后，握住绳索一端，另一端连接到水桶，该队将桶从一个地点运输到另一个地点。当他们到达一个地点，要求他们将水桶里的部分东西倒入另一个容器中。如果该东西会泄漏（有毒废物），那么该队必须选择一名队员穿上防护服把这些东西移走，然后回来，脱下防护服，队伍再继续前行。每次一有泄漏，便有一名新队员就会成为有毒废物方面的专家。

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#### Equipment

5-gallon bucket (attach 10-12 ropes, 8 feet or more in length by drilling holes in the bucket)

5-gallon bucket to transfer material into protective clothing (for example, a shirt, a pair of trousers, gloves, a hat and a pair of glasses)

#### 设备

5 加仑的桶（通过钻孔把 10-12 根 8 英尺或以上长的绳子绑在桶上）

用来装运送过来的材料的 5 加仑的桶

防护服（例如，衬衫，长裤，手套，帽子和眼镜）

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#### Rules

1. If the toxic waster bucket touches the floor, the entire group must start over.
2. Students without protective clothing may not touch the toxic waste.
3. No last names or put-downs may be used.
4. Every team member is responsible for helping and supporting every other team member. It is only by working co-operatively together as a team that this task can be completed successfully.
5. Every team member is expected to listen to the ideas of every other team member without any put-downs or ridiculing anyone's ideas.

## 规则

- 1。如果有毒废水桶触及地面，整个团队都必须从头开始。
- 2。没有防护服，学生不可接触有毒废物。
- 3。不能喊一个人的姓或说一些贬低别人的话。
- 4。每个小组成员负责帮助和支持其他团队成员。只有通过团队一起合作，这个任务才可以顺利完成。
- 5。每个队员都应该听取其他队员的意见，而不能有贬低或嘲笑别人的想法。

# Team-A-Pod 小组结队过草地

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Members must physically assist and balance one another while traveling across a designated space. The group will creatively sculpt with their bodies a large millipede-like creature that moves with only a limited number of body parts touching the ground.

队员在穿过一个指定的空间时必须用身体来互相协助和平衡。该小组创造性地用自己的身体摆成百足虫似的动物，只有身体少部分的部位能触及地面，从而达到移动身体的目的。

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## Description

The team will move themselves across an area (about 30 feet) with collectively only five body parts in contact with the ground. This challenge is set-up for a seven member team. The number of floor contact points can change depending on the number of team members.

## 描述

该小组将穿过一个（约 30 英尺的）区域，总共只有五个部位能接触地面。这一挑战是为 7 人小组设立的。与地面的接触点可以根据小组数量而改变。

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## Equipment

Cones to mark start and finish points  
Soft surface to go across (grass will work)

## 设备

标记起始点和结束点的锥体  
用于跨越的表面柔软的区域（如草坪）

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## Rules

1. If more than the number of specified contact points touches the floor, the entire team must return to the starting line.
2. No last names or put-downs may be used.
3. Every team member is expected to listen to the ideas of every other team member without any put-downs or ridiculing anyone's ideas.

### 规则

1. 如果接触地面的点数超过了规定数目，整个团队必须回到起始线上。
2. 不能喊别人的姓或讲贬低别人的话
3. 每个队员都应该听取其他队员的意见，而不能有贬低或嘲笑别人的想法。

# Ship to Shore 让船靠岸

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A team is stranded on a sinking ship in the ocean. The team members must devise a way to get back to shore before the ship goes down.

有一支队伍被搁浅在海上一艘正在下沉的船上。该队队员必须设计一种方法，在船下沉前回到岸上。

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## Description

Group members will begin to travel with equipment on their stranded ship in the middle of the ocean. All team members must travel from the ship to island 1 and stay on island 1 before advancing to island 2. Teammates must stay at island 2 before traveling to shore.

### 描述

小组成员将开始带着装备在一艘搁浅在海中央的船上。所有团队成员都必须从该船移到岛 1 上，然后停留在岛 1 上，再前往岛 2 前。队友们上岸前必须留在岛 2 上。

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## Equipment

Places designated as shore and islands 1 and 2

Ways for students to get across ocean (for example, 2-3 squares of cardboard big enough for only two people to stand on at one time)

设备

指定为海岸和岛 1 和岛 2 的地点

让学生穿越海洋的方法（例如，2-3 方纸板，大得足够让两个人同时能站上去）

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## Rules

1. All group members must reach and remain on island 1 before anyone travels to island 2.
2. All group members must reach and remain on island 2 before traveling to shore.
3. Group members may not touch the water with any part of their bodies.
4. If any rule is broken, the person who broke the rule plus a successful member must return to the ship and start over.

规则

1. 所有小组成员必须达到岛 1 并且前往岛 2 前应停留在岛 1 上。
2. 所有小组成员必须达到岛 2，靠岸前必须停留在岛 2 上。
3. 小组成员身体任何部位都不得接触到水。
4. 如果违反规则，则该队员加上另一名没有违规的队员都必须返回船上重新开始。

## Arachnophobia 结队过蜘蛛网

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The challenge is for a group to work themselves through a horizontal spiderweb without touching any part of the web. This is a difficult challenge that requires a great deal of physical help from teammates.

这一挑战要求小组成员不触网的情况下穿过一张横向的蜘蛛网。这是一项艰巨的挑战，因此需要队友大量的身体上的协助。

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## Description

All group members must travel from one end of the web to the other- without touching the web or any supports that hold the web. Group

members must travel over each web strand. They are not to travel under the web.

### 描述

所有小组成员必须从网的一端穿到另一端，不能触网也不能触到网的任何支撑物。小组成员必须越过网上的每一圈。他们不能在网下穿过。

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## Equipment

2 high balance beams or other sturdy supports

20 to 30 yards of elastic string or yarn threaded backwards and forwards between the supports to look like a spider web, so that the players can climb over threads or through gaps between threads

area for the students to fall onto

### 设备

2 根高的平衡杆或其他结实的支持物

20 到 30 码的有弹性的线或纱来回穿在支撑物之间，整个看起来就像一个蜘蛛网，这样使参赛者可以攀越这些线或线之间的空隙  
让学生安全跌落的地方

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## Rules

1. All group members must start at one end of the web.
2. Team members must not touch any part of the web or any part of the supports.
3. Group members must never travel under the web.
4. If a rule is broken, the group must send the one who broke the rule plus one successful member back to the beginning of the web to start again. Players need to understand that if they break a rule, the whole team will have to suffer.

### 规则

- 1。所有小组成员必须从网的一端出发。
- 2。小组成员不得触到网的任何部分或支持物的任何部分。
- 3。小组成员绝不能在网下穿过。
- 4。如果规则被打破，该小组必须让犯规者和一个未犯规的队员回到网的起始端，重新开始。球员必须明白，如果他们打破了规则，整个团队将受到影响。

**Name of Activity:** 3,2,1, Ups

活动名称: 3,2,1, 抛

**Grade Level:** K-6 with modification

级别: 幼儿园到小学六年级

**Equipment Needed:** approx. 1 bean bag (balloon, soft throwable) per player.

所需设备: 每个球员约 1 个小布袋 (气球, 柔软且可抛动) 。

**Highlights:** Underhand throwing, Catching, Tracking, Cooperation

要点: 低抛, 接住, 跟踪, 合作

**Instructions:** Divide students into groups of 5-7. Each group should have several throwable items, I have found that 1 per player is plenty for my 2-5 grades. To start the game have students gather in a small circle, with one player having the beanbag. Group will then count down "3,2,1, Ups". On the word "Ups" the player will toss the beanbag in the air (at least 10 ft). The object is for any other student in the group catch the item before it hits the ground. If successful (usually 2 times in a row, but for my grade levels I feel 1 works better), the group may add a second item. The group will then count down again, but throwing both items at the same time. As long as the group is successful, they will continue to add items. Once the group misses, they must start back with only one item.

说明: 把学生分成 5-7 人一组。每个小组应该有几个可以抛动的东西, 我发现 2-5 年级的学生每人 1 个就够了。开始游戏的时候让学生聚集在一起围成一个小圆圈, 其中一个队员有小布袋。小组然后倒计时“ 3,2,1, 抛”。在队员们喊“抛”的时候这名队员将把布袋抛向空中 (至少有 10 英尺高)。目标是其他队员赶在布袋掉在地上之前把布袋接住。如果成功的话 (通常是连续 2 次, 但对于我这个年级我觉得 1 次更好), 该团队就能再添加一个布袋。该小组将再次倒计时, 但要同时抛出两个布袋。只要成功, 他们将继续获得布袋。一旦失败, 他们必须重新开始, 这时只有一个布袋。

Following are a few rules to keep in mind:

1. Beanbags should be tossed at least 10 ft in the air.
2. All beanbags must be tossed at the same time.
3. A player may not catch his/her own beanbag.

以下是一些应该牢记的规则:

1. 小布袋应该抛出至少 10 英尺高。



- 2。所有布袋都必须在同一时间抛出。
- 3。队员不能接住他/她自己抛出的布袋。

**Helpful Hints:** The game can be adapted by changing the number of misses before going back to one. Personally, I have found that it works better for my classes if I have them remove one beanbag at a time instead of going back to zero. The younger my classes, the more misses in a row they need before losing a beanbag.

有益的提示：该比赛可以在只剩一个布袋前通过改变失误次数来改编。就个人而言，我发现如果我把回到零个改成每次减少一个布袋，更适合我的班级。我的班级越低，在失去布袋之前他们需要连续的失误更多。

Players need to understand that the better they work together as a team to support each other the more successful they will be. If there is a player who is not good at catching, the team needs to support him/her to have a turn and to be successful, rather than ignoring him/her or leaving him/her out of a turn. Bonus points can be given to the groups that have all players having a chance to throw or catch the beanbag. Players should be encouraged to encourage all team-mates and not to make anyone feel bad for making a mistake.

球员必须明白，他们作为一个团队相互支持，合作得更好，则会更成功，他们将。如果有队员不善于接布袋，则所有队员都要帮助他/她进行一些改变，让他能成功，而不应不管他/她或不帮助他做出改变。如果团队让所有队员都有机会抛布袋或接布袋，则可以把奖励分给这样的团队。应该鼓励队员，支持所有的队友，而不要让任何犯了错误的人感觉不舒服。

**NAME OF ACTIVITY:** Amoeba Races

名称的活动：阿米巴竞赛

**EQUIPMENT NEEDED:** None

所需设备：无

**HIGHLIGHTS:** Cooperation, teamwork

要点：合作，团队精神

**INSTRUCTIONS:** Divide the class into two equal teams. Have half of the team form a circle facing outward, with elbows joined. Instruct the rest of the team to get inside the circle. Both teams have now formed their amoeba. On the instructor's signal, the amoebas will try to race to a designated area without coming apart. The first team to reach the finish line wins. Teams that come apart must repair themselves before continuing.

说明：把班级平均分成两个队。让一半队员形成一个圆圈，脸朝外，手肘挽着手肘。让其他队员进入圆圈里面。两支足球队现在已经形成了自己的变形虫。按指导教师的指令，他们将比赛看哪队先到达指定地点，且整个队伍却没有散开。第一支到达终点的队获胜。小组若散开则必须先恢复队形然后才能继续前行。

**Note:** some instructions suggest placing a leader on the shoulders of the inside players. I have tried this with some of my lighter students, however, I feel safer with all students on the ground.

注：有一些指令要求把领队抬到圆圈内队员的肩上。我试过把我的上一些较轻的学生当领队，但我还是觉得让所有学生们都在地面上更安全。

**HELPFUL HINTS:** Winning is not stressed during this game, in fact at the end try one giant amoeba with the entire class as one. Emphasize that students should not fall on purpose, safety is very important.

有益的提示：获胜并不强调于比赛过程中，实际上是最终能使这条巨大的变形虫让整个班级凝结成一个整体。这里还强调，不应该故意让学生跌倒，安全才是非常重要的。

**NAME OF ACTIVITY:** Crossing the Great Divide

活动名称：穿越大峡谷

**GRADE LEVEL:** Any (with group size modifications)

年级：不限（小组的大小可以修改）

**EQUIPMENT:** None

设备：无

**HIGHLIGHTS:** Cooperation

要点：合作

**INSTRUCTIONS:** Divide the class into small groups. The first time you try this game, I recommend you test it with a small group of 2-5, depending on grade level. You can then adjust the groups as necessary. This game looks and sounds simple but it is very challenging. The object of the game is to get your group across the great divide (an area you select, 40 ft or so). To do so the players start lined up beside each other, with their feet touching the feet of the players next to them. Then the team must cross the great divide without anyone's feet losing contact with the feet of the players next to them. When two players lose contact, the group must return to the starting line before starting their next attempt. So in short, all the team has to do is cross the designated area without coming apart (anyone losing foot contact with their neighbor). Sound easy? Give it a try.

说明：把班级分成若干小组。您若第一次尝试这个游戏，我建议您可以根据年级高低先在 2-3 人的小组中进行测试，然后您可以根据需要对小组进行调整。这种比赛看起来和听起来都简单，但它是非常具有挑战性的。比赛的目的是让你的小组穿过一个大峡谷（您可以选择 40 英尺左右的一块区域）。队员们开始靠在一起排成一队，他们的双脚必须靠着旁边队员的脚。然后队伍必须跨越大峡谷，而双脚却没有离开旁边队员的脚。当两名队员的脚分开了，该小组必须回到起点，开始下一次尝试。因此，简单地说，所有的队员都必须在脚不分开（双脚不与旁边的队员的脚分开）的情况下穿过指定的区域。听起来容易吗？那就试试看。

**HELPFUL HINTS:** The obvious way to adjust the difficulty of this game is to add or subtract the number of players in a group. At the end of the game, try having the whole class as a group. They may not make it, but it will be fun to see.

有益的提示：最明显的用来调整比赛困难的方法就是给小组增加或减少球的数量。在比赛最后，可以试着把整个班级作为一个组。他们可能无法完成任务，但肯定很有趣。

**NAME OF ACTIVITY:** Obstacle Field

活动名称：障碍区

**GRADE LEVEL:** Any

级数：不限

**EQUIPMENT:** Ideally, a large number of tennis balls, however, you can make a smaller area with a lot less objects. Also, you can use virtually any type of

object; bean bags, cans, small boxes, etc. 1 blind fold for every 2 players that will be playing at a time.

设备：理想的情况下，用大量的网球，不过，您也可以使用许多更小的物体来围成面积更小的区域。此外，您还可以使用几乎任何类型的物体当障碍物；豆袋，罐子，小盒子，等等。每次比赛每两人一块遮眼布。

**HIGHLIGHTS:** Following verbal directions and cues, trust, balance, cooperation

要点：听从口头指导与提示，信任，平衡，合作

**INSTRUCTIONS:** Scatter the tennis balls or other items about the playing area. Players will work with a partner for this activity. One partner will be blindfolded, and the other will be sighted. The blindfolded partner will start at one end of the obstacle field, and the sighted partner will be on the sidelines. The object of the game is for the sighted partner to talk his blindfolded partner through the obstacle field, without touching any objects - and without touching the blindfolded partner. This game can be set up to be a station activity for 2-4 players, or it can be set-up for a large scaled class version. Following are some ideas on variation to this activity.

说明：把网球或其他物体散开在的比赛区。比赛者将与伙伴一起合作。一个被蒙上眼睛，而另一个则没有。蒙上眼睛的人从障碍区的一端开始，没蒙上眼睛的那个则站在边线上观望。比赛的目的是让没蒙眼睛的人告诉他的伙伴如何通过障碍区，却不能碰到里面的任何障碍物-也不会碰到边线上的伙伴。此游戏可以设置一个站台式的活动，由 2-4 人组成，或可以设置成让一个大班参加的活动。以下是一些对这一项活动进行改造的想法。

**Variation #1:** Students are timed on how fast they can get through the obstacle field. Each touch of an object or of the partner who is being guided results in a 15 second penalty.

**Variation #2:** Students may race other students in head to head races. Touches of an object require a timed penalty or a safe exercise, before continuing.

改造方案 1：给学生计时，看他们如何能以多快的速度通过障碍区。每接触一次里面的障碍物或在一旁给以指导的合作伙伴则会罚他们增加十五秒的计时。

改造方案 2：学生可以和其他学生进行头对头的比赛。若碰到了区内的障碍物则会收到一个计时惩罚或进行一项安全的练习，之后才能继续。

**HELPFUL HINTS:** Stress the importance of safety. Use common sense if using tennis balls, as you do not want students to step on a ball while

running or jogging. Personally, I recommend keeping feet low and weight back if you are using balls of any kind.

有益提示：强调安全的重要性。因为你不希望学生在跑步的过程中踩到球，那当你使用网球时就请用常识想想。就我个人而言，我建议如果您正在使用任何类型的球，请保持脚抬低，重心往后。

Also, if having more than 1 student in the course at a time, please take time to discuss a "bumpers up" position. For example, have students keep their hands open and in front of their bodies, in case they bump an object or another person.

此外，如果每次有多于不止 1 个学生在比赛，请花点时间来讨论一下“缓冲器”的位置。例如，让他们学生打开手掌，放在前面，以免他们会撞到里面的障碍物或其他人。

**NAME OF ACTIVITY:** Scrabble Scramble

活动名称：拼字比赛

**GRADE LEVEL:** 2-12

年级：2-12 年级

**EQUIPMENT NEEDED:** 30-50 tennis balls, or other items you can letter (index cards, scrabble tiles) 1 hula hoop or carpet square per team. Dome markers or other similar items to hide the letters

所需设备： 30-50 个网球，或其他写有字母的物品（索引卡，拼字贴） 1 个呼拉圈或一块方形地毯。圆顶型的记号或其他类似能遮住字母的东西

**HIGHLIGHTS:** Running, team strategy, spelling integration, and teamwork

要点：跑步，团队策略，拼写集成，与团队合作

**INSTRUCTIONS:** There are a couple of variations. I have each team base, set up an equal distance from the center of the playing area. each team uses a carpet square or hula-hoop as their base. In the center of the playing area place the letters(tennis balls), under the dome markers. The object of the game is to be the first team to spell a word with the number of letters designated by the instructor. For example, be the first team to create a 5 letter word.

说明：有一些变化。我在离比赛中心区距离相等的地方成立每个队的基地。每队使用了方形地毯或呼拉圈作为其基地。在赛区中心放一些字母（网球），盖在圆顶标志下。游戏的目的是看哪个小组最先按照老师指定的字母数拼写出一个单词。举例来说，最先拼出五个字母组成的单词。

On the signal, each team will send one player to the center hoop to retrieve a tennis ball (letter).

That player will then return the ball to the base and tag the next runner on their team who will go to the center and retrieve another ball. This will continue until the team has a number of balls equal to the number of letters designated to create the word. So if a 5 letter word is designated, a team may have no more than 5 balls at their base. Once a team has the correct number of balls, they may begin to exchange their letters for letters in the middle. This will continue until a team has won the game by creating a word with the correct number of letters. Once a team has created a word, they need to yell "Stop" immediately, and will be declared the winner. Following are some guidelines:

1. Players may never have more letters at their base than the number of letters designated for the word.
2. Players may never retrieve more than 1 ball at a time.
3. Players must take the letter that they uncovered - like it or not :)

按照指示，每队派出一名队员到赛区中心取回一个网球（字母）。该学生将拿着字母返回其队伍然后抓住另一个队员，让他跑到进入赛区中心去取回另一个球。这样一直继续下去，直到取回的球的数量与要求组成一个单词所需的字母数相等。所以，如果指定了 5 个字母组成一个单词，一个队就只能拿 5 个球。一旦一个队拿到了正确数目的球，他们就可以开始拿手上的字母交换赛区中间的字母。这样一直下去，直到该队获得了胜利，用正确数量的字母拼出了一个单词。一旦一个团队拼出了一个词，他们应立即喊“停止”，我便宣布他们获胜。以下是一些有关的指导：

- 1 .队员拿到的字母绝不能比组成一个单词所要求的字母更多
- 2 . 队员每次不能取回的球不超过 1 个。
- 3 .队员取回的字母不管喜欢与否都必须拿着 )

**NAME OF ACTIVITY:** shipwreck

活动名称：沉船

**GRADE LEVEL:** grades 4-6

年级：4-6 年级

**EQUIPMENT NEEDED:** two hoops 4 feet in diameter, or two sheets of plywood or cardboard 2ft. x 4ft.

所需设备：两个直径 4 英尺的铁箍，或两张胶合板或纸板，尺寸是 2 英尺 x 4 英尺

**HIGHLIGHTS:** cooperation, teamwork

要点：合作，团队精神

**INSTRUCTIONS:** Divide the class into teams of 8-10 students. Each team is given a hoop or

cardboard, this represents their ship. The object of the game is to be the team with the most points at the end of the voyage. On the instructors signal each team begins racing with their ship (all players must have their hands on the ship as they carry it) towards the finish line. On the instructors command "SHIPWRECK" all players set their ship down and attempt to get aboard. The first team to get all their sailors aboard earns one point. (Players must be completely out of the water, to avoid sharks of course.) The first team to reach the finish line earns two points. The team with the most points wins that voyage.

说明：把班级分成 8-10 人一组。给每个小组提供一个箍或纸板，这代表着他们的船。该游戏的目的是在航程结束时成为得分最多的球队。听教官的指令，每队带着他们的船开始朝终点线开去（所有队员在带着船前行时手必须放在船上）。听到教官的命令一声“沉船”，所有队员都要放下船，并试图上岸。第一支使所有船员都上岸的队将会获得一分。（队员们必须是完全离开了水域，当然是为了避免碰见鲨鱼。）第一支到达终点线的队将会赢得两分。得分最多的队会在此次航程中获胜。

**HELPFUL HINTS:** Stress that cooperation is the most important part of this activity. Stress that all people must work together in order for all to fit on the ship. No one succeeds unless everyone succeeds.

有益提示：强调合作是这一活动中最重要的部分。强调大家都必须共同努力，以便让所有人都能装进船里。人人成功才有个人的成功。

