

Cooperate rather than eliminate

Design a movement activity that different people can join.



A basketball, skipping rope and low training cones on a wooden gym floor. · AI-generated illustration

A cooperative activity has a shared goal. Rules can accommodate different ways of moving. The teacher checks space, equipment and suitable exertion; nobody should be pressured into painful movement.

Now try it

1. Plan a cooperative ball game on paper without eliminating players. Describe the space, goal and rules.
2. Add a seated version and a slower version. Discuss practical arrangements with the teacher first.

Fictional demo material. Adapt to the learners and the school's teaching before use.

sport · v1 · Prepared demo translation

Your notes and findings

Think it through

What makes an activity cooperative?

See a suggested answer

The group works towards a shared goal. Success depends on working together, not only on defeating others.

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