

Class Summary

Quick Facts

Outside: 2 hours

Grade: 5th and older

Offered: Year-round

Physical Activity: Low to moderate

Other: No special skills required

Concepts

• Respect • Challenge

• Conflict/Cooperation • Choice

[Minnesota Academic Standards >](#)

• Language Arts • Physical Education

[Classroom Activities >](#)

- Pre-Activity: *What is a Team?*
- Post-Activity: *The M&M Challenge*

STEM Components

- Investigate/Examine
- Predict
- Test
- Operate
- Evaluate

IB Profiles

- | | |
|---|---|
| <input type="checkbox"/> Inquirers | <input type="checkbox"/> Open-minded |
| <input type="checkbox"/> Knowledgeable | <input checked="" type="checkbox"/> Caring |
| <input checked="" type="checkbox"/> Thinkers | <input checked="" type="checkbox"/> Risk-takers |
| <input checked="" type="checkbox"/> Communicators | <input checked="" type="checkbox"/> Balanced |
| <input checked="" type="checkbox"/> Principled | <input checked="" type="checkbox"/> Reflective |

Revised May 2012

Outcomes:

1. Students will actively engage in challenges that can only be accomplished through communication, trust, problem solving, and cooperation.
2. Students will identify characteristics that help or hinder individual and group success.
3. Through group and individual processing, students will make the transference from activity to application in real life situations.

Brief Synopsis:

Challenges come in an infinite number of shapes and forms. Participants will utilize the skills of communication, cooperation, trust, and problem solving while facing a variety of team building challenges. The skills practiced during this class are building blocks for success. Working on group dynamics provides benefits and advantages in school, work, and relationships with others.

Outline:

Introductions and Warm Ups (55 minutes)

Cohesiveness begins to grow as participants engage in entry level activities and games that help them prepare for the difficult challenges that lie ahead. Putting a puzzle together without talking, leading a blindfolded partner outside, or untying a human knot are just a few of the activities students might encounter.

Group Challenges Course (1 hours 45 minutes)

The group will head outdoors to challenge course, a series of wooden and low wire events in the woods. The class instructor will customize each experience matching the challenges to the group's dynamics and skill. Each challenge will build upon the previous while becoming more difficult, demanding full team cooperation and positive interaction. Challenge course events include: All Aboard, Wild Woozy, Spider Web, Trust Fall, The Maze, Whale Watch, TP Shuffle, Canyon Crossing, Alligator Swamp, Norwegian Skis, Triple Crossing, and The Wall.

What Does It Mean? (20 minutes)

Although the challenges at Eagle Bluff produce a good amount of fun and laughter, there is something to be learned from these experiences. Using the experiential theory, participants will process and apply the experience, focusing on three main questions: "What?", "So What?", and "Now What?" Skills learned in this class can have a direct impact on how participants relate to themselves and others when encountering the many challenges that surface throughout life.