

# Communication & Leadership Activities Pack

## 1 – JUMP FOR YOUR LIFE

Participants must one-by-one enter the jump rope, acting as a team, they must jump simultaneously.

Participants must one-by-one, whilst the skipping rope is being swung, get through the rope without being hit.

### RESOURCES NEEDED:

- One long skipping rope
- Timer

### LEARNING OUTCOMES:

- To indicate clearly the best time to go through the rope or enter the skip
- To demonstrate confidently what is to be done

### REFERENCES TO LEADERSHIP:

- Self management
- Communication skills
- Team development



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## 2 – MAGIC STICK

Participants will be put in lines facing each other; they are then required to put their index fingers out where the 'magic stick' will be placed on top of it.

The challenge is to collectively raise the 'magic stick' and back down.

### RESOURCES NEEDED:

- One long stick

### LEARNING OUTCOMES:

- Justify how they cooperated and failed/succeeded
- Break down their communication identifying the positives and negatives

### REFERENCES TO LEADERSHIP:

- Self awareness
- Communication skills
- Team development



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## 3 – REACH FOR THE STARS

In this task the participants are split into groups. They are to stand behind a line where a bean bag is placed over the line, far enough that they have to reach far to claim it.

The teams have to find the most effective way of reaching the bean bag without falling over the line or crossing the line with their feet.

### RESOURCES NEEDED:

- Beanbags

### LEARNING OUTCOMES:

- Demonstrate the best method for reaching the bean bag
- Analyse the constraints of all the methods seeing which is best suitable
- Explain whether the 'reacher' felt safe reaching that far for the bean bag

### REFERENCES TO LEADERSHIP:

- Self awareness
- Self management
- Communication skills
- Team development



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## 4 - HUMAN PINBALL

In groups of up to 6, team members must work together to holding the sheet to get the ball from one end to the other without the ball falling through the holes.

### RESOURCES NEEDED:

- Sheet with hole in
- Tennis ball

### LEARNING OUTCOMES:

- Recognise the features of team work
- Be able to resolve any issues that arose
- To identify characteristics of good/positive communication

### REFERENCES TO LEADERSHIP:

- Communication skills (individual and group)
- Team work



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## 5 – SAFETY RING

In this task, participants must find a way to be put through the hoop in the quickest manner. Whether this be by them getting in pairs or going individually is the choice they have to make.

### RESOURCES NEEDED:

- Hoop

### LEARNING OUTCOMES:

- Demonstrate the quickest way of getting the hoop round all the participants
- Contrast on all their methods chosen, seeing which is the most effective
- Identify and explaining what the best method was

### REFERENCES TO LEADERSHIP:

- Communication skills
- Leading change
- Self management
- System thinking (practical)



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## 6 – HULA HOOP MEXICAN WAVE

Participants must link hands with the challenge of getting a hula hoop through the circle without the team members breaking hands.

### RESOURCES NEEDED:

- Hula hoop

### LEARNING OUTCOMES:

- Find the best method of getting the hoop around the whole circle
- Recall the method by practically doing it back and forth

### REFERENCES TO LEADERSHIP:

- Communication skills
- Team development
- Self management

