

Navigate the minefield - Trust

EXPLANATION:

Minefield is an outdoor game that requires the physical movement through an obstacle course blindfolded! It is a game of trust — will you navigate the minefield? Can you trust your partner and communicate well?

YEAR LEVELS: Years 7–10

STUDENT GROUPING: Pairs

ACTIVITY LENGTH: 40 mins approx.

LINK TO CURRICULUM:

Health and Physical Education: Sequence of content F–10

Strand: Personal, social and community health

- Communicating and interacting for health and wellbeing. Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing.

Strand: Movement and physical activity

- Moving our body — Refining movement skills — Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations.

See also Personal and Social Capability learning continuum sub elements:

- Appreciate diverse perspectives
- Communicate effectively
- Understand themselves as learners.

SCOPE OF TASK:

Trust is a central part of all human relationships. Trusting someone means that you think they are reliable; you have confidence in them and you feel safe with them physically and emotionally. It requires feelings of confidence and security in another person and it is a belief in a probability that a person will behave in certain ways.

1. Find a large outdoor field such as a school oval. Use traffic cones, plastic bottles, mats, tunnels, balance beam, tyres etc to set up an obstacle course (if you have a preschool on site you may be able to borrow outdoor equipment) — this is the minefield.
2. Divide students into pairs and describe the task to the group. The aim of the challenge is to navigate the obstacle course without knocking over the equipment or the course. The rules for each pair are:
 - One person will be blindfolded and cannot communicate with their partner.
 - Their partner must give instructions from the sideline — they cannot enter the minefield.
 - Instructions between the pair can only be verbal — no communication by touch is permitted.

Hints to the players:

- You must be serious so that your partner does not get hurt.
 - Take a few minutes to plan how you are going to communicate — do you have any verbal instructions/guidance or cues that you can use as a team?
3. Once blindfolds are in place and everyone is ready, say 'Go!' and the activity begins. After a pair successfully reaches the other side of the minefield, swap roles and repeat the process.
 4. At the end of the physical challenge bring the pairs together and pose questions about the trusting relationship that the pairs had to establish:
 - What communication strategies did you use?
 - Why did you trust your partner?
 - How did your partner make you feel?
 - What characteristics do you think are important to build trust?



RESOURCES:

Materials required:

- outdoor space (school oval)
- cones
- soft foam balls
- tunnel
- balance beam (objects that can make an obstacle)

- blindfolds.