# COOPERATIVE GAMES

**Building Teamwork, Communication, and Positive Participation Through Movement**



**GRADES:** K–8

**ACTIVITY TIME:** 20–45 MINUTES

## WHY USE COOPERATIVE GAMES?

Cooperative games encourage students to work together toward a shared goal instead of competing against one another. These activities help students develop communication skills, trust, leadership, and problem-solving while staying physically active.

Because success depends on teamwork rather than individual performance, cooperative games help create an inclusive environment where every student can contribute.

## LEARNING GOALS

Cooperative games help students:

- ✔ Build teamwork and collaboration
- ✔ Practice effective communication
- ✔ Develop leadership skills
- ✔ Improve coordination and movement
- ✔ Strengthen problem-solving abilities
- ✔ Encourage respect and inclusion
- ✔ Build confidence through participation

These activities work well during PE classes, recess, team-building events, and Field Day.



## 1 HUMAN KNOT

Students stand in a circle and reach across to hold hands with two different classmates.

Without letting go, the group works together to untangle themselves into a complete circle.

**Skills Developed**

- Communication
- Cooperation
- Problem-solving
- Patience



## 2 PARACHUTE CHALLENGE

Using a large parachute, students complete activities such as:

- Popcorn (bounce soft balls)
- Mushroom lift
- Wave races
- Color switches
- Team shelter
- Giant umbrella

Encourage students to communicate and work together to complete each challenge.



## 3 BEAN BAG RELAY

Teams transport bean bags using creative methods such as:

- Balanced on their heads
- Between elbows
- On a paddle
- With a partner
- While hopping
- While walking backward

Every team member completes a turn before the relay ends.



## 4 GROUP OBSTACLE COURSE

Create stations using cones, scooters, jump ropes, playground balls, and tunnels.

Students work together to:

- Guide teammates
- Carry equipment
- Complete movement challenges
- Solve simple teamwork tasks
- Finish as an entire group

Success is measured by teamwork rather than speed.

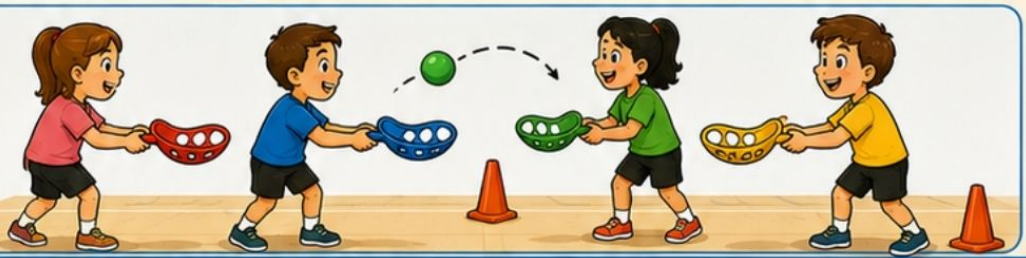


## 5 SCOOP BALL TEAM PASS

Using scoop ball sets, teams work together to:

- Complete a set number of successful passes
- Move around obstacles
- Catch without dropping the ball
- Increase passing distances as skills improve

Communication is the key to success.



**TOGETHER WE MOVE, TOGETHER WE GROW!**

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# TEACHER TIPS

- ✔ Explain the objective before beginning.
- ✔ Demonstrate each activity.
- ✔ Mix students into different groups regularly.
- ✔ Encourage positive language and encouragement.
- ✔ Celebrate teamwork, creativity, and persistence.
- ✔ Focus on participation instead of winning.



# CREATING INCLUSIVE ACTIVITIES

**Help every student participate by:**

- Offering different challenge levels
- Using lightweight equipment
- Pairing experienced students with beginners
- Allowing extra time when needed
- Rotating leadership opportunities
- Encouraging every student to contribute



**Inclusive cooperative games help students feel valued and successful.**

# RECOMMENDED EQUIPMENT

**These activities pair well with:**



Playground Balls



Rainbow Bean Bags



Scoop Ball Sets



Jump Ropes



Scooters



Cones & Markers



Volleyballs



Basketballs



Soccer Balls




Timers & Stopwatches



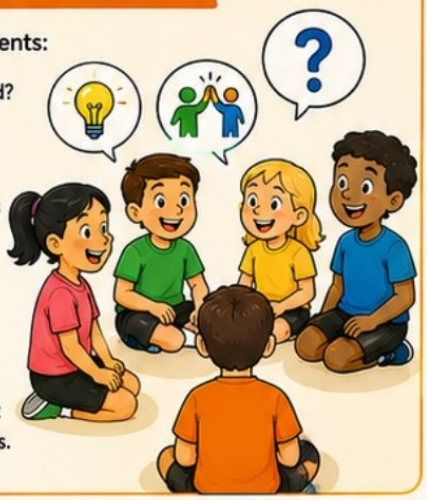
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# REFLECTION QUESTIONS

**After each activity, ask students:**

- What helped your team succeed?
- How did your group solve problems together?
- What communication strategies worked best?
- How did everyone contribute?
- What would you do differently next time?

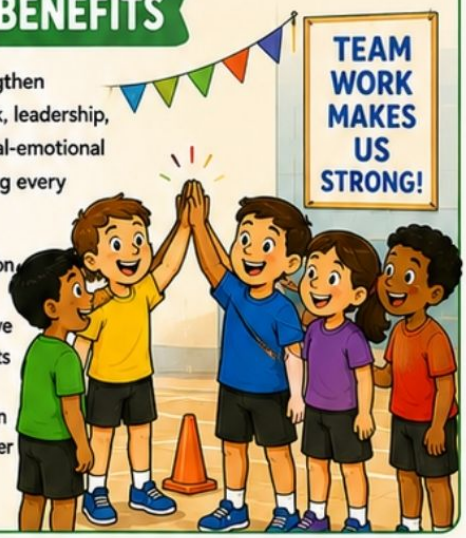


**Reflection helps students connect teamwork skills to future activities.**

# LEARNING BENEFITS

Cooperative games strengthen communication, teamwork, leadership, problem-solving, and social-emotional learning while encouraging every student to participate.

By emphasizing collaboration over competition, these activities create a supportive environment where students build confidence, develop lasting friendships, and learn the value of working together toward a common goal.




**TOGETHER WE PLAY, TOGETHER WE SUCCEED!**

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