



EDUKALA

 **dheerya**
foundation



TEAM SPIRIT

INTRODUCTION

What is team spirit ?

Team spirit is the feeling of pride and loyalty that exists among the members of a team and that makes them want their team to do well or to be the best.

Why is team spirit important ?

- To boost motivation and it will enable them to feel a part of a team.
- Team work will always lead to success if there is cooperation and coordination.

OBJECTIVES

To learn why it is important to coordinate in a team.

RESOURCES

Hula Hoop



RULES OF THE GAME



Then ask them to point their index fingers and hold their arms out. Gently place a hula hoop on their index fingers and ask them to make the hula hoop level. (Some people may have to raise or lower their fingers to get it level.) Tell the group the goal is to lower the hula hoop to the ground using only their fingers and that they can't take their fingers off of the hula hoop or hook them around it. If they let go of the hula hoop, they must start over. Each person's fingers must be in contact with the hula hoop at all times.

Group members may find it difficult at first and have to start over several times until they complete the activity. The idea is that they have to create a strategy by which they can work together as a team to complete the task. Allow participants to try and complete the activity of lowering the hula hoop to the ground for about ten minutes. When the designated time is up, have everyone put down their hula hoops and come together to process the activity.

POST ASSESSMENT :

Ask them the following questions.

- What was your experience during this activity?
- Was this difficult? Why?
- What needed to happen to be successful in this activity?
- Is coordination important in a team ?
- Should we dominate or fight during a team work ?

THE HELIUM RING GAME

Divide the class into required amount of groups based on the number of hula hoops we have.

Tell them the rules of the game:

- Finger must be placed properly
- Cheating leads to disqualification of the team.
- One person from each group can step out of the group and help in guiding his/her team.

