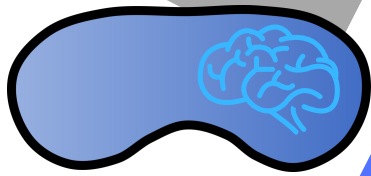


Crack the Codes



Students will have to walk in a variety of directions. Can they vary their step sizes to go past or over the spots?

What is clear communication? How can they give effective instructions? Opportunity to feedback and discuss strategies/codewords/instructions for success.

Encourage high fives after every turn. Students explore simple verbal instructions and directional language

How did you feel having to move wearing a blindfold? Why did you feel that way? Were you successful? Why/Why not?

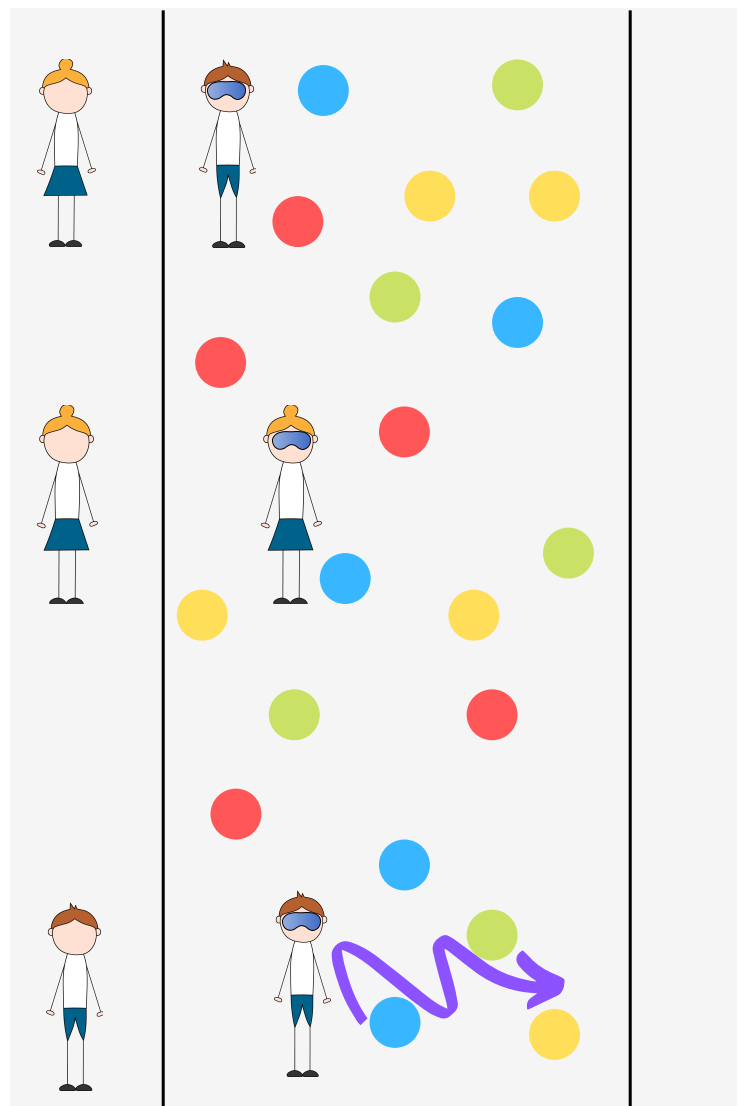
Setup: Mark out a playing area or use the school hall. Pair students up and provide them with one blindfold (sleep mask) between the two of them. Position a selection of coloured spots (and/or cones) scattered in the centre of the playing area.

How to Play:

Layer 1 - The student without the blindfold must guide their partner through the coloured spots using verbal instructions, helping them reach the other side. The blindfolded student must not touch and spots with their feet. If a spot is touched, then start again. Swap roles so both can try. Allow the student giving instructions to follow their partner into the area whilst playing.

Layer 2 - Introduce the crack the codes sheet (see below). Players must now guide their blindfolded partner through the spots, touching 5 of them with their hand, in order, before they leave the other side. If a blindfolded player touches a spot with their foot, they must start again.

Layer 3 - Place a small ball (sponge or tennis ball) on each spot. Pairs now race to guide their partner into the spots in order to pick up a tennis ball and take it across the area to the opposite side. Swap and repeat. The pair with the most balls across are the winners. If a ball is knocked off a spot, it must be returned and players start again.



Easier:

- Allow player guiding to tap/touch their partner on a shoulder to further reaffirm directions to move.

Harder:

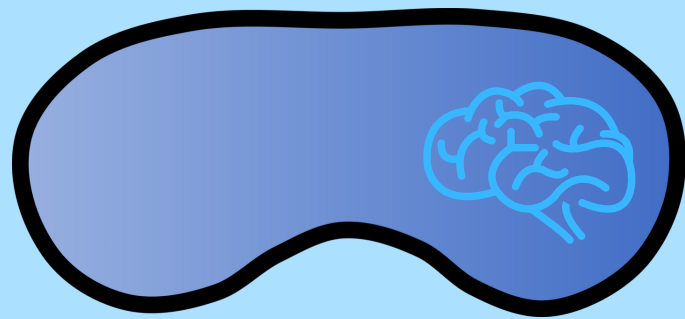
- Guiding players must stay at the start, challenging them to project their voice/instruction
- Can blindfolded players complete the challenge walking backwards?

Teaching Points:

- Short/clear instructions
- Careful, controlled steps
- 'Tune in' your ears to your partners voice.

Equipment: Marker cones/rubber spots, crack the code sheet, small balls, blindfolds

Crack the Codes



Code 1



Code 2



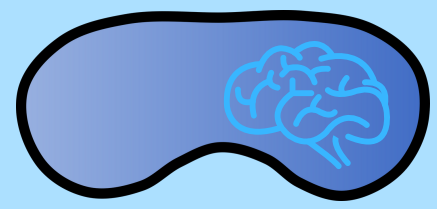
Code 3



Code 4



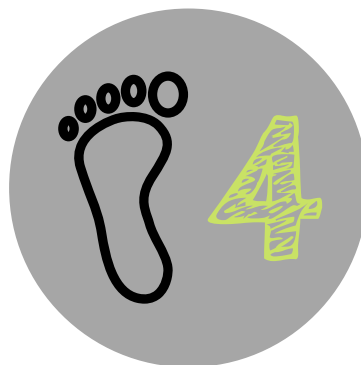
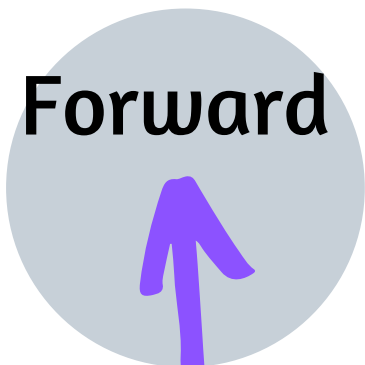
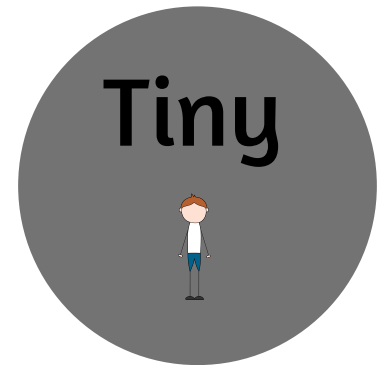
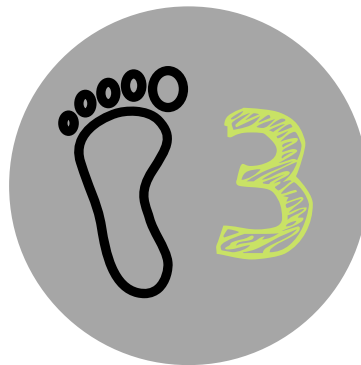
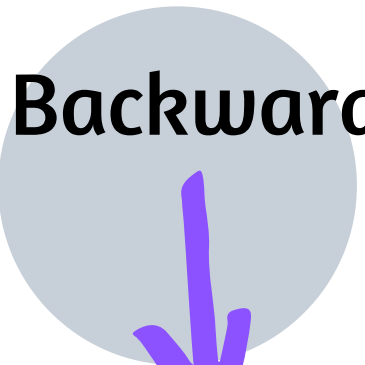
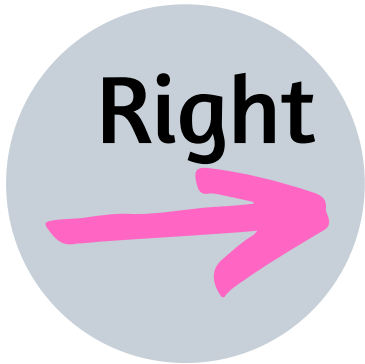
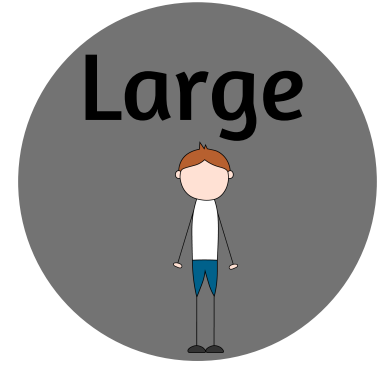
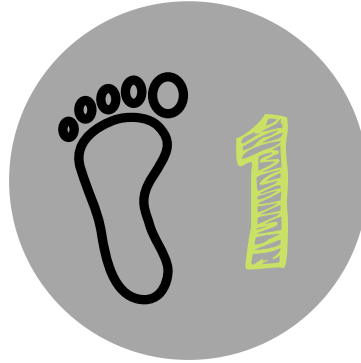
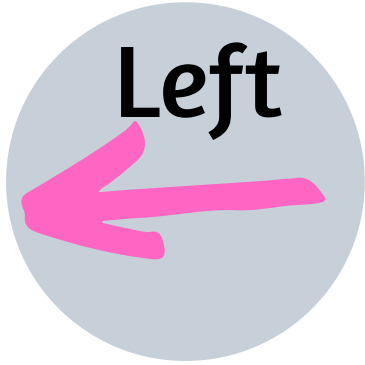
Key words to use...



Step (where?)

Step (how many?)

Step (how big?)



Other Words

diagonal	hand
up	down
stride	shuffle



Ready to Reflect



I was great at _____

Something I was successful at was _____



I found it difficult to _____

Something that _____ did well was _____



Having the blindfold on made me feel _____

