



Equipment	Tubular webbing (25 millimeters)
Learning Outcome	Demonstrate communication and cooperation skills in a large group to perform trust building activities.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other. Clean or sanitize the equipment before and after the activity.

## Flipped Classroom Strategy (Optional)

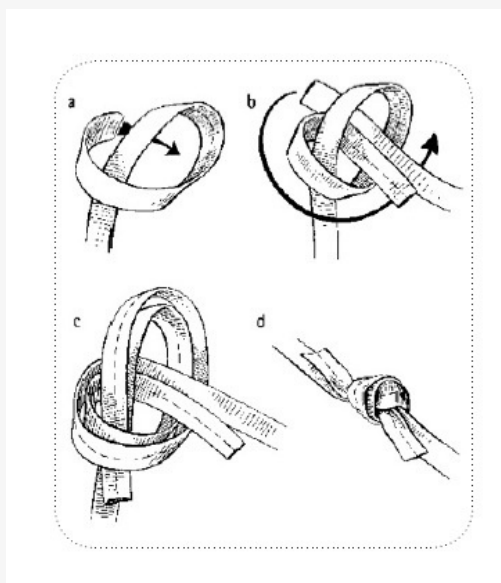
A flipped classroom is an instructional model where direct instruction is delivered to students outside of and before instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, create a video or written instructions to share with students providing an overview of considerations for trust building. Ask students to consider characteristics that are required in a trustful relationship. This could include communication, empathy, honesty, consistency, setting norms, and a willingness to invest in getting to know each other. Encourage students to think about how they demonstrate trust or how others they know demonstrate trust.



## Activity Description

Use a long length of tubular webbing so that each student will be able to hold a section of it. Tie the tubular webbing together using a water knot to create a large circle. To tie a water knot, follow the steps pictured. An alternative option is to create smaller webbing circles for smaller groups of students versus one large webbing circle for the entire class.



Find a safe, outdoor area with a soft landing such as a grassy field. Introduce or review with students an overview of considerations for trust building. Ask students to consider characteristics that are required in a trustful relationship. This could include communication, empathy, honesty, consistency, setting norms, and a willingness to invest in getting to know each other. Encourage students to think about how they demonstrate trust or how others they know demonstrate trust. If utilizing a flipped classroom approach, remind students to apply what they learned or reviewed about trust from the video or instructions they considered before the activity.

Explain to students that the circle is an important symbol in Indigenous culture that represent equality, community, interconnectedness, and continuity. This activity will complete in a circle and students should be encouraged to think about how they feel within the circle. Place the webbing in a circular shape on the ground and ask students to stand on the outside of the circle and pick up the webbing with two hands using an overhand grip (knuckles on top).



## Activity Description

With their legs shoulder width apart, ask students to lean back away from the webbing – a circle of trust is now created. The trust is in oneself, in the webbing, and in group members). Have students begin to move their feet closer to the center of the circle. Ask them to closer their eyes and sense the support, connection, and safety of the circle. Once the group achieves balance and stillness, include challenges with increasing difficulty:

- Slowly lower as a group to a sitting position – everyone should make contact with the ground at the same time
- Slowly pull back on the webbing to cooperatively come to a standing position as a group
- Number off 1-2, 102 and have 1's lean in and 2's lean out, then switch
- Have groups create their own challenge

## Physical Education Competencies



### MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



### THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



## Reflection Questions

Reflection is important to support learning during physical education. Consider asking students the reflection questions below and discuss the answers together.

- *How do you think equality, community, interconnectedness, and continuity was represented in this activity?*
- *What strategies and skills did your group have to use to perform the different challenges?*



## Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Complete the activity in a space with minimal distractions.	Students work with a partner taking turns using only “left, right, forward, back” verbal cues to direct their partner to a hidden object.	Students may sit in a chair or use other supportive equipment.	Provide students with verbal cues when their eyes are closed.

### Observing Learning Outcomes

Consider the following when observing student learning.

- Is the student able to successfully demonstrate communication skills such as active listening, respecting the opinions of others, or supportive problem-solving throughout the activity?
- Is the student able to successfully demonstrate cooperation skills such as active engagement, conflict resolution, and respect for others throughout the activity?
- Does the student demonstrate effort and engagement throughout the activity working toward the common goal of building trust amongst all group members?

Demonstrate communication and cooperation skills in a large group to perform trust building activities.

### Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[Circle of Courage](#)