

Partner stretch and stand



Ask members to find a partner, the presenter and another participant should demonstrate sitting and facing, toe to toe (with feet flat on the ground), legs in front of them, knees bent. The two should clasp hands. The presenter and partner should slowly lean back so that they pull each other off the ground.

Each set of partners is challenged to stand up at the same time, still holding hands. The pairs should find this easy to do. Next, combine two sets of pairs so that there are four people in each team. Again, ask members to sit facing each other, toe to toe, clasping hands and, as a foursome, stand up. After they successfully do it, combine groups again so there are eight in each group. The final challenge would be to combine two groups of eight to get a group of 16.

Process with the group:

How did the exercise go?

What was harder: One partner? Four? Eight? Sixteen?

What was significant about the different sizes within each group?

How did your role change as the group got larger?

What worked to make it possible to complete the task?

How did your strategies change as the group got larger? What did you do differently as the group got bigger?

What implications can we make from this exercise to communication and planning needed to accomplish projects within your clubs?

Examples:

- Everyone has to be on-board to really work
- Trial and error
- Be comfortable with failure
- Listen to each other