



Australian Government
Australian Sports Commission

EASY MED HARD



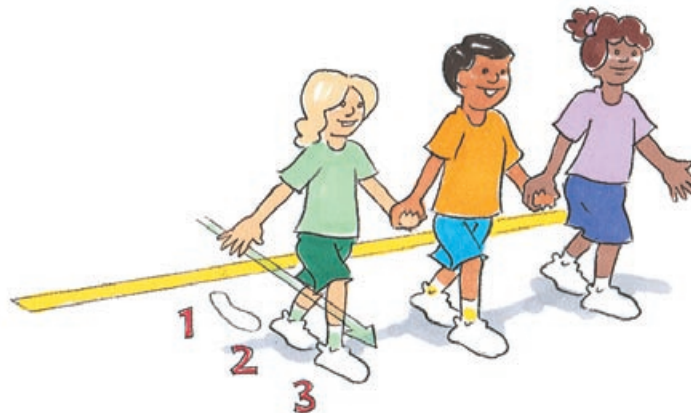
Squeeze step

A

A movement-based non-verbal game of Chinese Whispers. Players are in groups of 3 standing side-by-side, holding hands. Using hand squeezes and forward/backward/sideways movements of joined hands, the leader shows how many steps — and in what direction — the group should move. Once all players in the group have the message, they move in unison.

What to do

- > Divide players into groups of 3 standing side-by-side, holding hands.
- > One player is the leader, who can be in any position in the line.
- > Using hand squeezes and forward/backward/sideways movements of joined hands, the leader shows how many steps and in what direction the group should move (e.g. moving hands forward and squeezing 3 times means 'move forward 3 steps').
- > The message is passed from the leader along the line, using the hands only.
- > Once all players in the group have the message, they move in unison.
- > Change leaders regularly.



Change it

- > Work in pairs.
- > Increase the number of players in each team.

Safety

- > Check there is enough space between players/groups and that the area is clear of obstacles.

Ask the players

- > How can we make sure we all move at the same time?
- > Is it harder or easier with more players?
- > Where is the best place in the line to have the leader?

LESSON LINK:

Squeeze step is a cooperative activity that uses non-verbal communication and encourages trust between team-mates.

SESSION PLANS

Combos > Get Into It MV 14A + Start Out MV 06B + Get Into It MV 10