

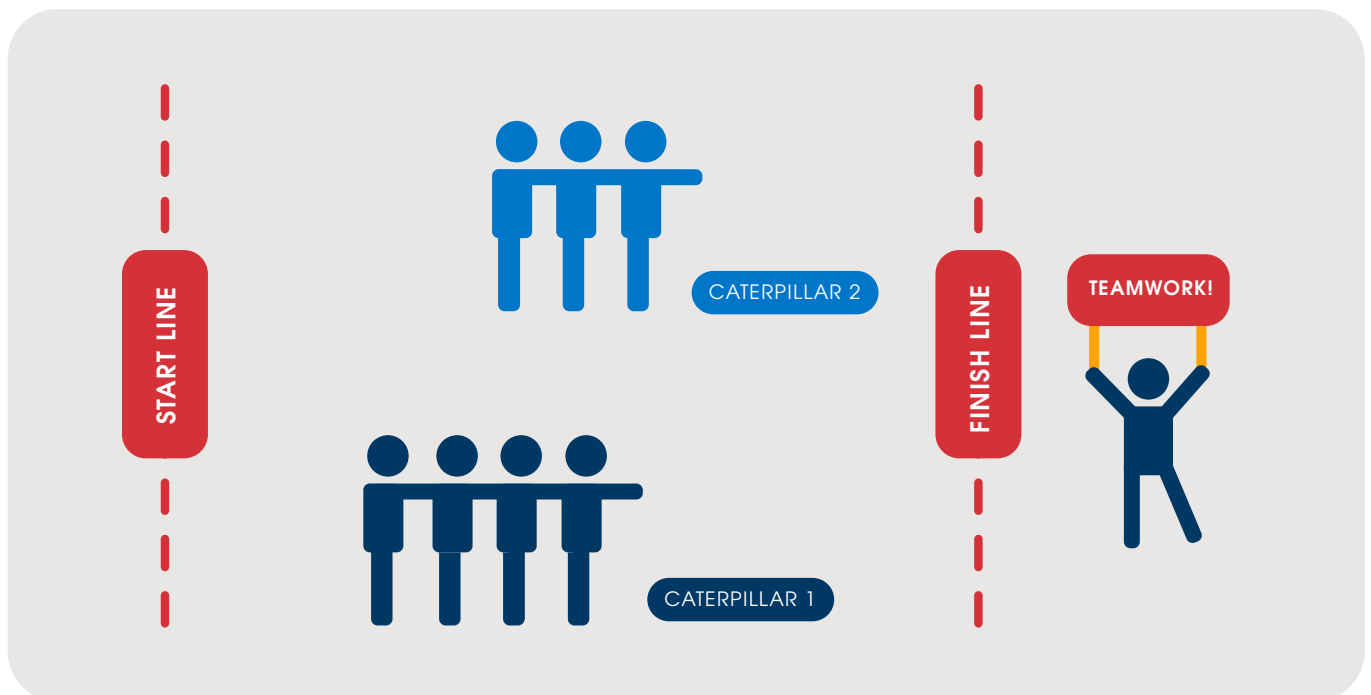
VERY HAPPY CATERPILLAR

ACTIVITY GUIDE

The aim of the Very Happy Caterpillar is to introduce pupils to the Paralympic Value of equality. It uses an active grouping technique to split the group equally by height, then compete in a short, co-operative task. Each group should have the same instructions and be inclusive to all members – hence providing a positive introduction to the impact of equality.

EQUIPMENT

None required



HOW TO PLAY

1. Get the group to quickly line up in height order.
2. Once in line, split the group into smaller groups of 4-6 by numbering each pupil. All 1's together, 2's together and so on.
3. Ask each group to come up with a one-syllable name for their new team caterpillar.
4. In their teams, ask pupils to stand/sit one behind the other at the start line with their hands on the shoulders/back of the teammate in front. Wheelchair users can lead the caterpillar or hold the waist of the person in front.

5. The aim of the game is to have the happiest caterpillar (caterpillars are happiest when moving their way around a yummy leaf).
6. On the whistle, the first pupil must take one jump/slide along the floor, immediately followed by the next, and so on.
All pupils must keep contact with the teammate in front.
7. Once the last pupil in the line jumps/slides forward, they shout their caterpillar's name.
8. Once the caterpillar's name has been called, the first pupil can jump/slide again and so on, until the caterpillar reaches the end of the line. (Add obstacles to the course to provide greater challenge, e.g. each team has to thread itself through a hoop or over a small hurdle.)
9. The first caterpillar to completely cross the end line is the winner.

ADAPTATIONS

- For a smaller space and/or to offer greater challenge (balance/dexterity), use one of the following adaptations:
 - Run an on-the-spot caterpillar race using rackets and balls. Pupils in each team stand in a close row or around a table. They must pass a ball down the row/around the table, only using the rackets. (Only the first person can pick up the ball to place it on the racket.) If the ball is dropped, they start again. Teams finish when the ball has travelled the full row/round.
 - Create a caterpillar by passing a balloon along/around the team – without using hands.

REFLECTION

Cut out the questions below to share with groups, or write on the board to share with the class.

WAS YOUR CATERPILLAR HAPPY?

- Did your whole caterpillar stay connected and reach the finish line?
 - If no, what were the challenges?
 - If yes, why did it work?
- Was every member of your caterpillar fully involved and happy?
 - If no, why not?
 - If yes, why?
- Why does it help the caterpillar as a whole if every part is involved and happy?
- What changes could you make so that your caterpillar is even happier and more successful next time?

Happiness + success for everyone = EQUALITY!