



EXERCISES OF THE MOOC “SOFT SKILLS FOR EFFECTIVE PARTICIPATION”

BLOCK 4: Teamwork

1. Learning with entertainment

In order for you to continue deepening in the contents of this block we are going to leave you some recommendations of interesting series and movies regarding each of the categories addressed in the different didactic units:

Teamwork	Toy Story
	Black Hawk Down
	The Lord of The Rings
	Ocean's Eleven
	Ratatouille
	The five club
	The imitation game
	The great escape
	Ted Lasso
	March of the penguins

2. The gate

This is an exercise that allows for group cohesion through physical work. To put it into practice, a door is used, or a door that symbolises the values of the organisation can be recreated. The participants stand in two parallel rows, facing each other, with their arms intertwined with the person in the opposite row. The last person in the line then has to reach the end of the line and cross the door without doing anything except climbing onto the human chain formed by the intertwined hands. All the work necessary for that person to get to the end of the line is carried out by their companions, who must push them and move them to the end (the person who is on the chain must keep their body stretched out to facilitate the movement). Once the person reaches the end and passes through the gate, they continue to lengthen the chain so that the next person can pass



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through and the whole group can participate. The success or failure of the task will depend on the group's ability to cooperate and work as a team.

3. Catch the flag

This is a well-known game, which consists of catching the opposing team's flag in a certain area and with certain rules. To put it into practice, two or more teams must be formed, which will have a flag that they must hide and protect from their rivals, who will try to capture it and take it to their base. In each team there will be defenders and attackers, who are equally important for the success of their team. Attackers who are captured in enemy territory will be eliminated during that round. The success of each team depends to a large extent on the ability of the team members to cooperate with each other and on the clarity of the distribution of roles and tasks.

4. Tug of war

Tug of war (also known as tug o' war, tug war, rope war, rope pulling, or tugging war) is a sport that pits two teams against each other in a test of strength and cooperation: teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull. In this activity, in addition to strength, the ability to coordinate movements is of great importance. Therefore, between teams of equal or similar strength, the team that achieves the best teamwork will win.

5. The carpet

To carry out this exercise, use a real carpet or, if you don't have one, you can use continuous paper and mark out a space on the floor with it. The whole group is then placed on top of the carpet and must turn the carpet over completely without any member of the group stepping on the floor. If just one person falls off the carpet, the whole group loses. The only way to overcome this activity is through active and close teamwork.