



ADAPTABILITY



AGENCY



COLLABORATION



COMMUNICATION



COMPASSION



COURAGE



CURIOSITY



REGULATION



RESILIENCE

NSW PDHPE SYLLABUS OUTCOMES

Stage 2 PH2- SMI-01

Explains and applies self-management and interpersonal skills in a range of contexts

CONTENT

Apply problem-solving and decision-making actions to enhance learning

PERSONAL CHARACTER COMPETENCY

**Collaboration**  
**Communication**

ADJUSTMENTS & CONSIDERATIONS

**SAFETY:** this activity requires attention to moving safely and listening to others if they are 'out of control'  
Assign team leaders with strengths in communication (HPGE)

CHALLENGE | PATTERN

Name of the activity:

**Octopus Challenge**

What you need:

No equipment required

How much time:

15-30min

Link / QR code:



POST SHARED ON 24 NOVEMBER 2024  
BY EDUCACAOFISICAEMREDE

PRIME

Review the PCC of Collaboration and Communication

What does collaborating safely mean to you?

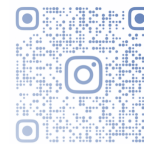
What are key words/phrases (communication) we can use to collaborate safely in a team challenge?

IMPLEMENT

What to do:

- Form groups according to class numbers
- Assign team roles:  
Clarifier: responsible for ensuring the group clearly understands the challenge  
Manager: collects and sets up the equipment  
Time/score keeper: Ensures the challenge is completed in the set time and reports/records the scores/result
- The lead team views the video to gain understanding of the challenge
- Clarifier relays the challenge so the team members have a clear understanding
- Facilitator sets challenge success criteria

Modification and safety:



POST SHARED ON 28 OCTOBER  
BY TEAMADRENALIN

DEBRIEF

On a five-finger scale (5 - high): How would you rate how well you collaborated during the challenge?

Turn to a partner and share one piece of evidence that supports your self-evaluations.

Is there anything you could have done differently to have collaborated more effectively during this challenge?