



# Team Extreme

program resource sheet | Early Adolescence

**Team Extreme is the ultimate team challenge in which students attempt a series of tasks that enhance interpersonal skills through group problem solving. Students are encouraged to develop active listening, negotiation and decision making skills throughout the series of challenges set by the instructor.**

<b>Available at:</b>	Ern Halliday.
<b>Challenge considerations:</b>	Team land-based challenges that require critical thinking.
<b>Duration of program:</b>	90 minutes.
<b>Items required:</b>	Enclosed shoes, hat, sunscreen and water bottle.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <li>Respect and concern for others and their rights.</li> </ul>



## Program links:

Team Extreme allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
<b>Interpersonal skills</b>	Communicating	Students practise and apply active listening skills and learn to effectively communicate in challenges where there may be conflicting ideas. Students must use these communication skills to enhance group cooperation.
	Preventing and managing conflict	Conflicting ideas will occur during the Team Extreme program. Students will need to use their assertiveness skills and learn new ways of negotiating their ideas with others.
	Cooperating and collaborating in groups	Within each challenge, students will be required to undertake specific responsibilities to meet the objectives of the group.
	Leading, initiating and facilitating	Students will be encouraged to demonstrate leadership skills such as organising and managing others, promoting positive group cooperation and facilitating the group's decisions.
<b>Self-management skills</b>	Reviewing the situation	Students will be required to consider all elements that contribute to making a decision for the challenge. They must consider the consequences prior to making a decision.
	Planning before deciding	After students review all elements that aid in forming a decision, they must collaboratively plan their options. All students are encouraged to contribute to the group's decision making process.
	Deciding and acting	Students need to decide and act upon their solutions. However, in deliberating options, they need to recognise both the potential positive and negative consequences of their decisions.
	Monitoring and evaluating	After each task, students, with aid of the instructor, evaluate the choices the group has made. Students are made aware of the decision making process and are encouraged to use it in future tasks.

Team Extreme encourages the development of the following Overarching Learning Outcomes:

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