**Unit I- Introduction**

***Collaboration and Team Building through Recreation***

**Description:** This activity unit focuses on collaboration and team building outside of the classroom utilizing recreational activities. Each week Navigators will build skills such as communication, following directions, teamwork, hand-eye coordination, critical thinking, problem solving and much more. At the end of the ten weeks, the Navigators will compete in the Navigator Obstacle Course, which will be a mixture of each activity conducted from the weeks’ past testing their teamwork and collaborative skills in real time. The Chapters are encouraged to repeat these activities during the weeks before the Obstacle Course activity as time allows. This curriculum presents one way to achieve the above goals. However, we encourage chapter leaders to use their creativity and knowledge of their group to tailor any activity to best suit their group in support of collaborative interaction and team building.

**Activity Layout:**

1. **Navigator Basketball Relay-** Activity I
2. **Follow the Compass Points-** Activity II
3. **Follow the Trail Leader**- Activity III
4. **Master Maze Runner-** Activity IV
5. **Compass Point Kickball**- Activity V
6. **Trailways Math**- Activity VI
7. **The Mind Reader & The Planet**- Activity VII
8. **Hurricane Season**- Activity VIII
9. **Nightfall Vocabulary**- Activity IX
10. **Navigator Obstacle Course**- Activity X

**Structure of a Meeting:** Forming a predictable and repeatingmeeting structure for each gathering helps center the group and eventually allow Navigators to lead parts, if not the whole, meeting developing leadership skills. Typically, Navigator Chapters begin their meetings by reciting the Moral Compass to remind everyone what we are striving to live by. This PAL Navigator Curriculum suggests to follow reciting the Moral Compass with some exercises to get the blood circulating and oxygenating the brain for the activities that follow.

**Exercises/Stretches:** Below are some suggestions for how you might get your Navigators ready to focus through some exercises. However, chapter leaders are encouraged to create their own routines and to vary them to keep the youth interested and engaged (adding music, a video, dance…). Short burst of cardio are found to be very effective and will not rob you time for the main activity. (The chapter leader is responsible for ensuring the exercises are done with correct technique and the sources used to find exercises are credible.)

**Exercise/Warm-Up:**

* 1. 10x3- Jumping Jacks
	2. 10x3- Forward Arm Circles
	3. 10x3- Backward Arm Circles
	4. 15 Seconds- Butt Kicks
	5. 15 Seconds- Jogging In Place

**Stretches (Hold each stretch for 30 seconds)**

1. Toe Touch
2. Overhead Arm Stretch
3. Butterfly Stretch
4. Calf Stretch
5. Cross Toe Stretch

**Conclusion of the Meeting:**

After completing each activity it is **highly recommended** to do a follow-up. Gather your Navigators and have them contemplate the activity they just finished, giving feedback to the leaders and the group. This can be done by writing answers to the questions provided and then having the leader read them out loud or having a discussion in a group. Make sure everyone gets to give their feedback. Having the chapter leaders/staff fill in and share their answers will set the expectation that everyone is in this together and that everyone’s opinion is expected and valued.