

NAME WARP SPEED

This is a no-prop variation of Warp Speed from Karl Rohnke. I shared my version of this one on my blog Sept. 29th, 2013.

FACILITATED OBJECTIVES:

Explore behaviors that can be related to communication, planning and implementation, participation and active engagement, cooperation, problem solving, and goal setting.

Explore concepts of practice/rehearsal, success/failure, and task pressure.

NEEDS & NUMBERS:

You'll need a game spot of some kind for each participant (my favorite spot is a five foot piece of parachute cord tied at the ends to make a circle – I call these spots Rope Rings). You will also need a timing device.

Plays well with eight to 16 people. Multiple groups can play at the same time – you will need a timing device for each group (more often than not someone in the group will have a timing device and will be willing to take on the role of the timer).

TIME:

15 to 20 minutes.

PROCEDURE:

Have your group form a comfortable circle – double elbow is fine. Have each player stand on a game spot (or inside a rope ring). As in the traditional Warp Speed activity (often preceded by the activity Group Juggle), the group will first need to set up a passing order. However, in this variation instead of passing an object (done in Warp Speed), the players will be passing their own names. Before this happens I like to tell my group(s), "*When setting up the name-passing order (NPO), please do not pass your name to a person standing next to you.*"

Each player is asked to pass (i.e., say) his/her own name once and (auditorially) receive another players name once. To set up the NPO, here's an example. Barry starts by saying, "Barry passes to Mary." Mary then says, "Mary passes to Gretchen." Gretchen says, "Gretchen passes to George." This continues (with George choosing someone to pass his name to) until everyone has passed his or her name. The last player (let's say it's Chris) to receive an auditory name pass, passes his or her name to Barry, "Chris passes to Barry."

Communication/Cooperation

Activity Objective

The group is challenged to collectively say the names of each person in the group as quickly as possible. Each person in the group will only say the name of one other person so that each name in the group is said only once and no two (or more) names are said at the same time.

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Once the NPO is established, ask the group to practice the same passing order two or three times to make sure they have it down. During the practice stage I ask the players to simply say their own name, which should now prompt the next person in the NPO to say his/her name – When Barry says his name, Mary should know to say her name, and so on.

When the NPO is “locked in” the timed challenge can be presented. With the memorized and practiced passing order in mind, AFTER a participant says his/her name, he/she is going to be moving to, and ultimately standing on (or in), the spot of the next person in the NPO. So, after saying his own name, Barry will be moving to, and taking, Mary’s spot. Mary, after saying her own name, will be moving to Gretchen’s spot, and so forth. In the end, before moving from his spot, Chris will say his own name and then move to the empty spot left behind by Barry. This process will be timed. Depending on the group, I will time the attempts or this role can be assigned to someone in the group.

Once the group understands the challenge, I will offer them some time to develop, plan and practice their process. The official time begins as soon as the first person says his/her name, and stops when the last person is standing on (or in) the final spot (the one left open by Barry). Allow time for a few official attempts to give your group(s) a chance to better their time (and/or process) if they are motivated to improve.

SAFETY:

I haven’t run into any major safety issues during this one, however, after the “shift” (if discovered) there might be some “running into each other” problems. As always, stress that everyone’s safety is more important than a faster time.

FACILITATION:

If you present this activity early on in your program (I use this one for learning names and as a way to introduce one type of challenge I will be presenting – starting with a fairly easy challenge), your group might not get the possible “shift” in thinking just yet.

Those familiar with the activity Warp Speed (you or even your participants) will know that the directions do/did not say participants had to move one at a time or that they had to start on/in the spot where they created their “passing” order. The group, for this specific challenge, is only asked to follow the two main rules.

If you do present this one early, and your group does not get the shift, you might consider coming back to it after the group has discovered some “shifting” in other activities in order to see if they can achieve a better/super-fast time. Or, if you have a group that can really be challenged at the get-go, ask them (give them the goal) to achieve a time under five seconds (for example). This imposed goal might “nudge” them into the shift(s) to be able to solve the problem in less time.

OBSERVATIONS/QUESTIONS:

- Does everyone know each other's names at this point? Where do we need practice?
- Think back to the planning part of this activity – what do you remember about it? Did you have a plan? Did everyone know what the plan was? Was there a leader? Did everyone get to share the idea(s) they had?
- Did you improve your process over time? What contributed to your improvement? Will this information be important to remember? Why? Why not?
- What is a phantom rule (a rule made up based on assumptions)? Did you have any phantom rules in place? Did these rules help or hinder your process? What if the phantom rules were eliminated, what could you do?
- Where did your “shift” in thinking come from? Did everyone “buy into” the shift in thinking? If not, why? If so, why?
- Were you successful? Is a fast time the only way you were successful as a team? How do you measure your success? What different measures of success could there be?
- What will you want to remember from this activity?

VARIATIONS:

- Reverse the passing-order. I frontload this challenge by saying the original NPO is “forward” and if I want the group to pass names in the opposite direction I will say “reverse.” Using the example above, in reverse order, Barry passes his name to Chris to start out the NPO.
- For some programs, depending on the group's objectives, I go into Fast Ball after Name Warp Speed to provide another opportunity to make a paradigm shift in thinking – or, transfer learning. (Fast Ball can be found in my book, *Portable Teambuilding Activities*.)

PHYSICAL EDUCATION GRADE LEVEL OUTCOMES:

(www.shapeamerica.org/standards/pe/)

- Middle School: S4.M1 – Exhibits responsible social behaviors; S4.M3.8 – Provides encouragement and feedback to peers without prompting; S4.M5 – Cooperates and problem-solves with a small group of classmates.
- High School: S4.H2 – Uses communication skills and strategies that promote team/group dynamics; S4.H4 – Accepts other's ideas.

21st CENTURY LEARNING:

(www.p21.org)

- Creativity and Innovation: Evaluate and refine their own ideas in order to improve.
- Critical Thinking and Problem Solving: Reflect critically on learning experiences and processes.
- Communication and Collaboration: Communicate effectively in diverse environments.
- Flexibility and Adaptability: Deal positively with praise, setbacks and criticism.

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- Initiative and Self-Direction: Set goals with tangible and intangible success criteria.
- Social and Cross-Cultural Skills: Know when it is appropriate to listen and when to speak.
- Productivity and Accountability: Collaborate and cooperate effectively with teams.
- Leadership and Responsibility: Act responsibly with the interest of the larger community in mind.

ADDITIONAL IDEAS: