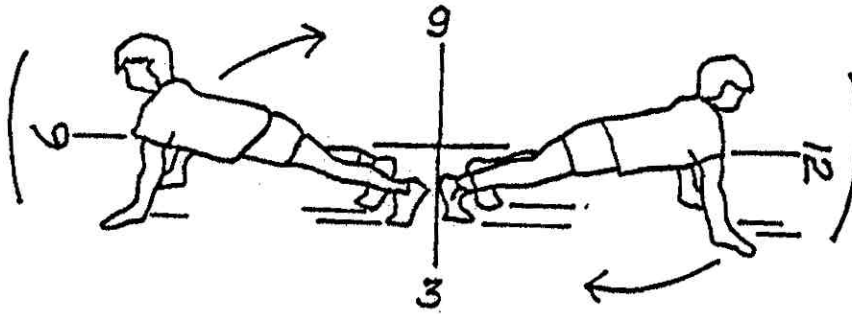


Upper Body Strength

Beat the Clock

Partners



Both are in the push-up position, facing in opposite directions with feet touching. They form the hands of a clock at 12:00 and 6:00. On the command, "Go," the "hands" turn clockwise as each player attempts to catch the other.

Variation 1:

The activity is the same except that the hands of the clock turn over and over.

Variation 2:

Those players who are too weak to maintain a long push-up can do a short push-up (knees bent and weight on hands and knees).

Variation 3:

Young Players could keep the body on the floor, and slide by utilizing a push from the hands.

Upper Body Strength

Together Stand

Partners

The partners sit with toes together. They either join hands or hold a stick between them and stand at the same time.

Row Your Boat

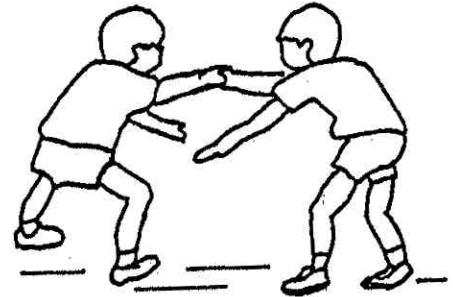
Partners

Partners sit facing each other with their knees bent and toes touching. They hold each other's hands. One player leans back almost to a lying position and gives resistance as the partner pulls the player back to a sitting position. Then it is the other partner's turn.

Knee Slap

Partners

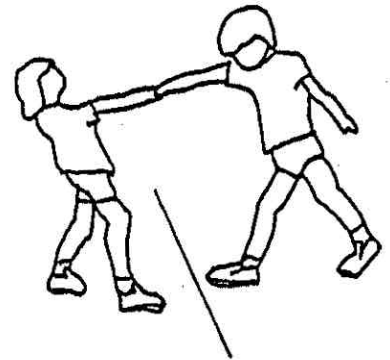
Partners stand with their right hands joined. They try to slap their partner's knees with their left hands. Change hands and repeat.



Push Me, Pull Me

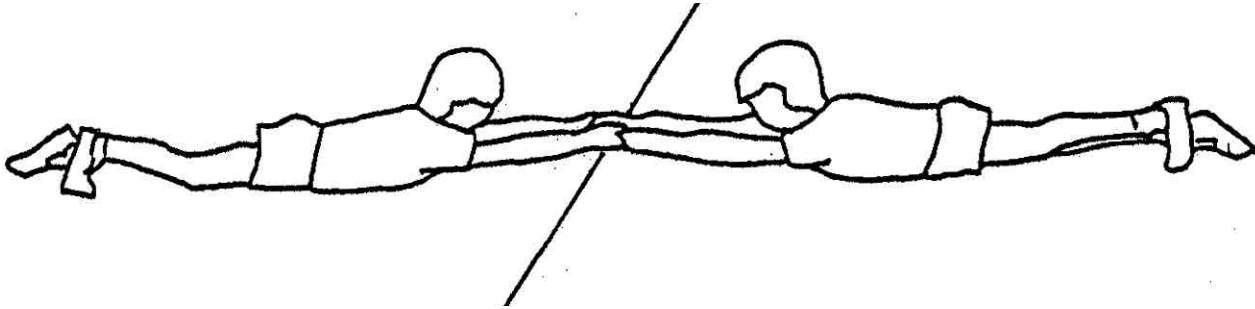
Partners

Facing each other one on each side of a line, the partners join right hands. They are trying to pull each other over the line. They may try it with the left hand, then with both hands.



Upper Body Strength

Pull Over the Line

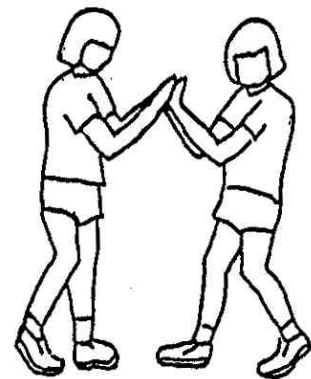


Partners lie face down, head to head, on each side of a line with hands joined. They attempt, on a signal, to pull the other partner over the line; e.g., shoulders over the line, waist over the line, or the entire player over the line.

Palm Push

Partners

The partners press the palms of their hands together spread out in front of them. Then they push with a steady pressure. This is just to increase strength, not to win anything.



Variation 1:

Try putting the palms of the hands low, and push.

Variation 2:

Put the palms of the hands overhead and push.

Upper Body Strength

Hoop Pull/Push

Partners

Hoops-1/player

Place two hoops side by side. Each partner stands in a hoop. The partners are trying to remain in their own hoops while trying to push each other out.

Poison hoop (or Ball, Mat, Pylon, Line)

Partners

The partners stand on opposite sides of a hoop and try to make the other step into it. (Or - touch a ball, step on a mat, bump into a pylon, step on a line, etc.)

The previous variations have been reprinted with permission, from Jo Brewers “Biggest Little Games Book Ever” available from LRC # 261652.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	