

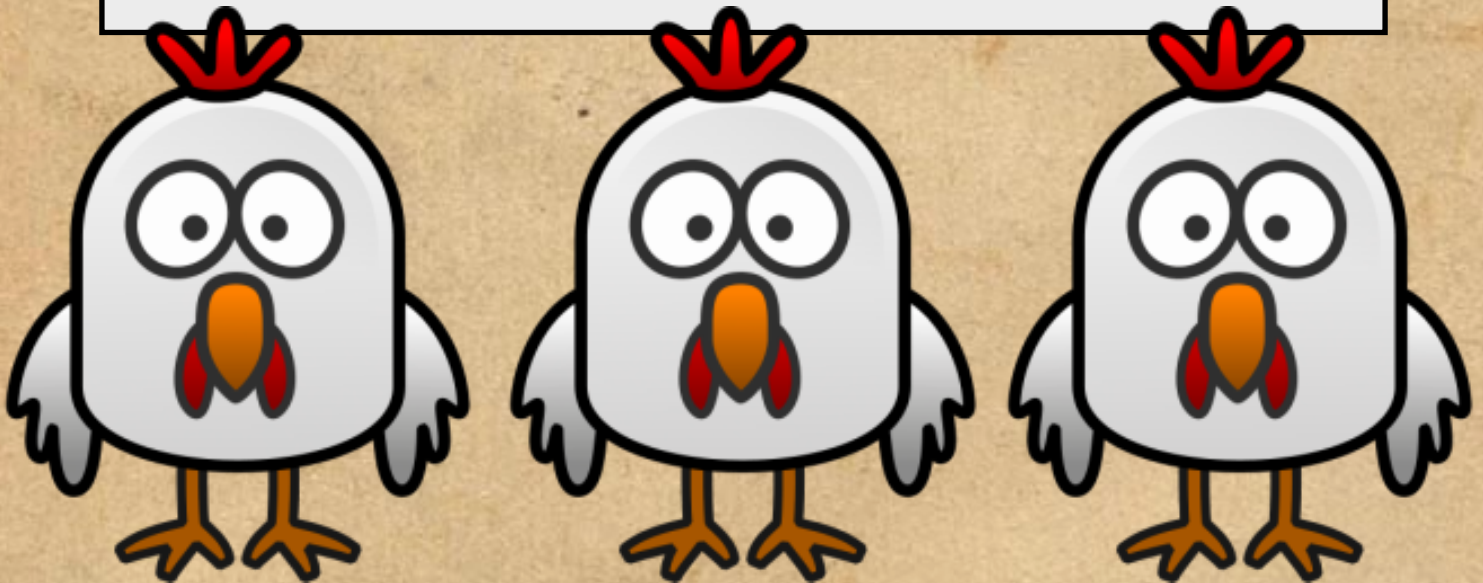
# ROOSTER RUMBLE

## WARM UP ACTIVITY



## INSTRUCTIONS

PAIR STUDENTS UP WHO ARE SIMILAR HEIGHT AND WEIGHT. THE AIM OF THIS GAME IS TO KNOCK YOUR PARTNER OFF BALANCE. IN PAIRS STUDENTS FACE EACH OTHER IN A SQUAT POSITION HOLDING THEIR ANKLES. THIS IS THE ROOSTER POSITION. EACH ROOSTER IS TRYING TO MAKE THEIR PARTNER LOSE BALANCE BY BUMPING. ONCE ONE OF THE ROOSTERS BREAKS THEIR WINGS BY LETTING GO OF THEIR ANKLES, THE GAME IS OVER. THE FIRST TO THREE WINS, THEN SWAP PARTNERS AND PLAY AGAIN.



BreakAppz



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