

TOP 5 PARTNER WARMUPS

@DALESIDEBOTTOM

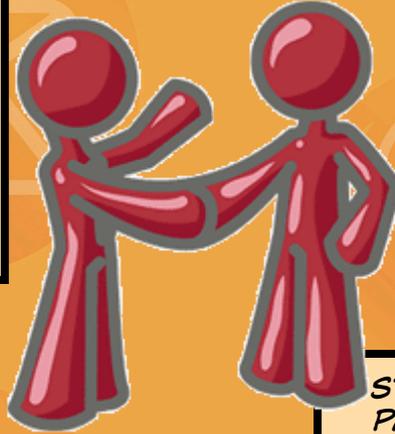


Finger Fencing

THE CLASS NEEDS TO PAIR UP. IN THEIR PAIRS THEY MUST GRAB THEIR PARTNER'S RIGHT HAND AND POINT THEIR INDEX FINGER OUT AT THEIR PARTNER. THE STUDENT'S LEFT ARM IS EXTENDED BEHIND THEM. ON THE COUNT OF THREE THE STUDENTS ARE TO TRY AND POKE THEIR PARTNER WITH THEIR INDEX FINGER IN THE STOMACH. PLAY THE FIRST TO THREE POINTS, AND THEN SWAP PARTNERS.

The Bends

STUDENTS START IN PAIRS AND MUST STAND FACING THEIR PARTNER, HOLDING HANDS AND STANDING ON ONE LEG. ON THE COUNT OF THREE, ONE STUDENT WILL ATTEMPT TO PULL AND PUSH THEIR PARTNER OFF BALANCE. WHEN A STUDENT IN THE PAIR PLACES THEIR OTHER FOOT ON THE GROUND THEY LOSE. PLAY THE FIRST TO THREE POINTS, AND THEN SWAP PARTNERS.



Toe Touch

STUDENTS START BY FORMING PAIRS. EACH PAIR WILL START FACING AWAY FROM EACH OTHER. ON THE COUNT OF THREE, TURN AROUND AND TRY AND STAND ON THE OPPONENT'S TOES. THE STUDENT WHO STEPS ON TOES FIRST, WINS. ONCE STUDENTS PLAY THREE GAMES AGAINST THEIR OPPONENT, MIX THE PAIRS UP. THIS WAY THE STUDENTS WILL GET THE CHANCE TO CHALLENGE OTHER MEMBERS IN THE CLASS.



Hoppo Bumpo

THIS GAME IS BEST PLAYED OUTSIDE IN AN OPEN SPACE. IN PAIRS, STUDENTS CROUCH DOWN TILL THEY'RE SQUATTING, FACING THEIR PARTNER, WITH THEIR HANDS OUT AND PALMS FACING FORWARD. WHEN "GO" IS CALLED, STUDENTS MUST BUMP OVER THEIR PARTNER, JUST USING THEIR HANDS AS BUMPERS. STUDENT TO STAY SQUATTING WINS. TRY AND MATCH STUDENTS WITH SIMILAR STRENGTHS. ONCE THE PAIRS HAVE HAD THREE GAMES BETWEEN THEM, LET THEM CHOOSE ANOTHER PARTNER AND BATTLE AGAIN. SET A CHALLENGE FOR THE CLASS THAT IF ANYONE IS UNDEFEATED, THEY GET TO CHALLENGE THE TEACHER.

Knee Slap

SPLIT THE CLASS UP INTO PAIRS AND GET PAIRS TO FACE EACH OTHER. WHEN THE GAME STARTS EACH STUDENT ATTEMPTS TO TOUCH ONE OF THE KNEES OF THEIR PARTNER WITHOUT BEING TOUCHED ON THE KNEE THEMSELVES. PLAY FOR THIRTY SECONDS THEN CHANGE PARTNERS AND PLAY AGAIN.



BreakAppz