

Back-to-Back

No
Equip

Pairs

6-11
year olds

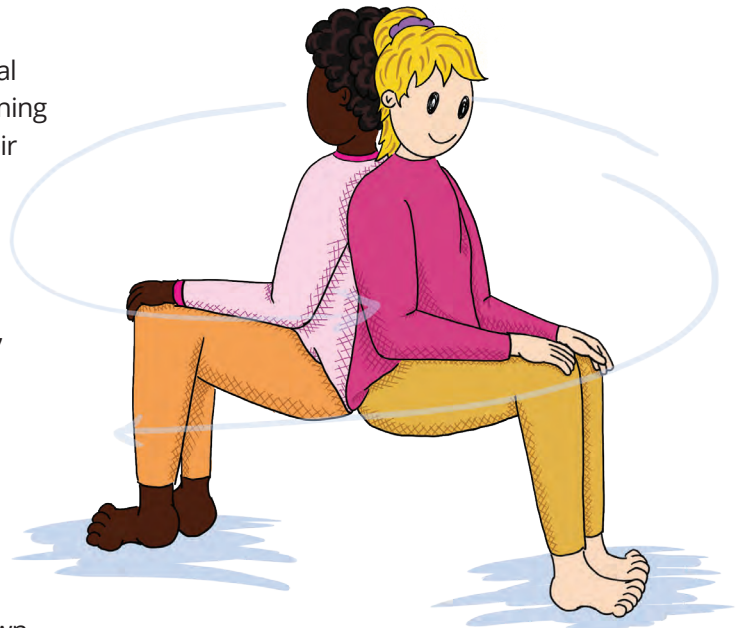
Integration

How to play

1 Split the group into pairs of relatively equal size and weight for this muscle-strengthening activity. Standing back to back against their partner, the pairs slowly lower themselves down, leaning on each other for support.

2 Once they've reached a chair-like posture, they begin to make a 360 degrees turn, moving in unison. On completion, the pairs stand up and shake out their arms and legs to release any tension from their muscles before starting the challenge anew.

3 As before, the pairs lower themselves down to the chair position. This time, they travel around the space around them, moving forwards and backwards and side-to-side.



Progressions & Variations

To prevent muscle exhaustion, allow the pairs to complete the activity with their knees only slightly bent at the start of the session.

Conversely, the pairs can challenge themselves further by planting their feet further apart. This is harder on the leg muscles.

Tell one partner, without the other hearing, where to travel to. They then have to navigate themselves and their partner to that area, but without using any words to communicate.

Make it a success

Start the activity with a thorough warm-up.

This activity is designed to strengthen the lower body in a cooperative and coordinated way. Good communication is essential for success - remind the pairs that this activity is a collaboration, not a competition.

For additional security, the pairs can interlock their arms.

Primary Purpose

Strengthening the muscles of the core and lower body in a cooperative and coordinated way.



Proprioception



Body Control



Muscle Tone



Non Verbal
Teamwork

Gymnastics

Wired
For
Movement