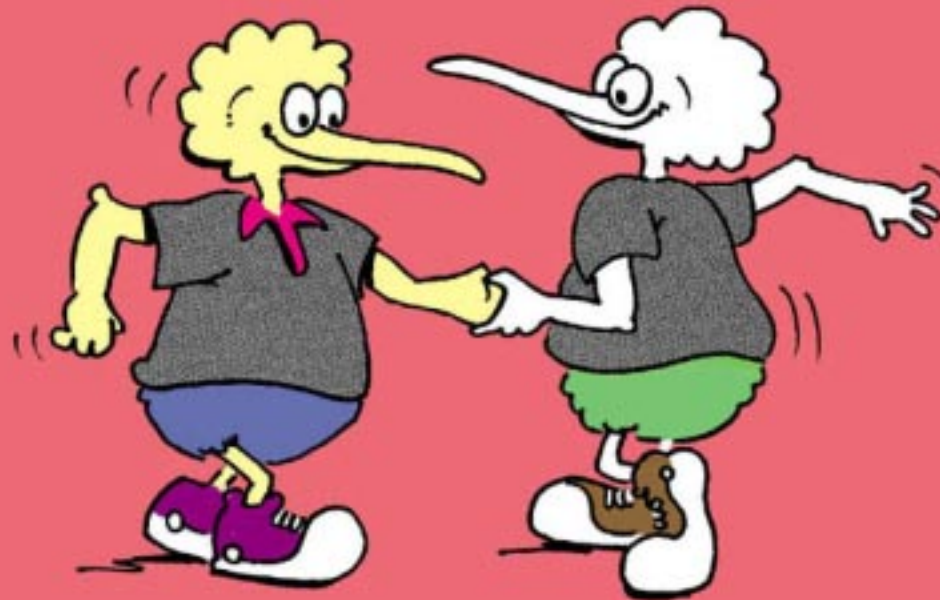


Partner Activities



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How to use the Partner Activities section

Partner activities are simple, enjoyable ways of exercising and have many advantages.

- (1) Minimal equipment is required.
- (2) Many of these partner activities can be performed in confined spaces such as a hall or classroom.
- (3) Little organisation is required other than having the children find a partner.
- (4) Both partners are active throughout the whole session.
- (5) For most partner activities ensure that partners are approximately the same size and height.

PARTNER ACTIVITIES

Leap Frog

ALL AGES

EQUIPMENT

None

AREA

Preferably grass – care needed on hard surfaces.

FORMATION

Children in pairs – free spacing.



INSTRUCTIONS

- One child kneels down with her head tucked under.
- Second child stride jumps over partner using her hands to support her on partner's back as she jumps.
- After jumping, second child takes 3-4 steps forward then kneels down ready to be jumped over by her partner.
- Repeat several times.

VARIATIONS

1. Change the height of the back.
2. Change the length of running up distance between the partners.

TEACHING POINTS

- Encourage all children to participate – those wary of the jumping height could step over the crouched partner.
- If space is limited arrange the pairs in lines so that all the children are moving in the same direction.

FOCUS ON

Physical – Co-ordination. Leg strength and power.
Other – Building confidence.

Follow The Leader Leap Frog

ALL AGES

EQUIPMENT

None

AREA

Preferably grass
– care needed on
hard surfaces.

FORMATION

Children in 4's (have 2 pairs
from previous activity, join together to form one group).



INSTRUCTIONS

- All children in group form a line with 1-2 metres spacing between each.
- The back child remains standing while the other three kneel down with their heads tucked under.
- The back child jumps over each child in turn then runs forward and kneels down.
- The child now at the back of the line stands and jumps over each child in turn.
- Repeat several times.

VARIATION

Have the children in groups of 6-8.

TEACHING POINT

- Encourage
 - continuous movement
 - changes in the direction of lines
 - changes in height of the jumps.

FOCUS ON

Physical – Leg strength and power. Exploring flight and landing.
Other – Judging distances.

PARTNER ACTIVITIES

Tunnels

ALL AGES

EQUIPMENT

None

AREA

Preferably grass – not suitable for hard surfaces.

FORMATION

Children in pairs – free spacing.

INSTRUCTIONS

- One child forms a tunnel as in diagram.
- Second child runs forward and crawls through the tunnel then runs forward 2-3 paces and forms a tunnel ready for their partner to 'tunnel'.
- Repeat several times.

VARIATIONS

1. Tunnel & Circle: After crawling through the tunnel the child runs or skips around his partner before moving ahead to make a tunnel.
2. Follow The Leader Tunnels: Children in lines of four, all in tunnel position. Back person crawls through the tunnels of each in turn then forms a tunnel at the front. All others repeat.
3. Formation as above: Back person goes through the tunnel of the first in line then leap frogs over the next person etc. Repeat to the end of the line.

TEACHING POINT

- Take care when crawling through the tunnels.

FOCUS ON

- Physical – Agility.
Other – Co-operation in pairs.



Sawing Logs

ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, similar sizes, free spacing.

INSTRUCTIONS

- Partners stand facing each other and hold hands – one leg is forward of the other, both knees are slightly bent.
- Both partners push against each others arms alternating, one arm forward, one arm back.

VARIATIONS

1. Push hard and fast for 20 counts then gently for 20 counts.
2. Try double pushes – 2 forward/2 back.
3. Children can experiment with other rhythms and combinations.

TEACHING POINTS

- Keep the movements smooth and continuous. Encourage children to use their shoulders and backs to add force to the push.
- A steady, balanced stance is needed.

FOCUS ON

- Physical – Upper body strength. Co-ordination.
Other – Working with a partner.



PARTNER ACTIVITIES

Pistons

 ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, even sizes, free spacing.

INSTRUCTIONS

- Children face each other and hold hands.
- One child stands while the other crouches down.
- Repeat several times.

VARIATIONS

1. Slow the movement down.
2. Standing partner leans backwards slightly as she pulls her partner upwards.

TEACHING POINT

- Crouching child should not crouch too low.

FOCUS ON

Physical – Leg strength. Balance.
Other – Timing and co-ordination with a partner.



Treadmill

 ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs – free spacing.

INSTRUCTIONS

- Partners sit facing each other or sit leaning on their elbows for support.
- Each partner places the soles of his feet against his partners – knees remain partly bent throughout.
- Push against the partners feet – alternating legs with partners one bent, one straightening.

VARIATIONS

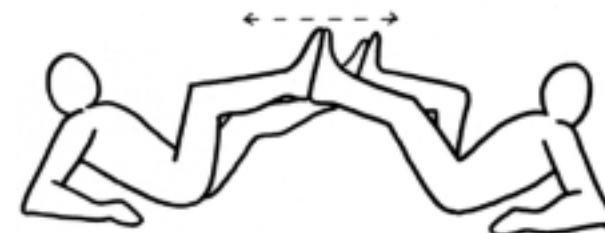
1. Push hard and fast for 20 counts then slowly for 20 counts.
2. Double pushes in each position i.e. two counts before changing leg position.
3. Try combinations of e.g. double push, double push, single, single, single, single.

TEACHING POINTS

- Begin slowly to get the rhythm then speed up.
- Encourage children to work together to co-ordinate the speed and strength of their pushes.

FOCUS ON

Physical – Leg power and endurance.
Other – Co-operating with a partner.



PARTNER ACTIVITIES

Copy Cat

 ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface, classroom.

FORMATION

Children in pairs.

INSTRUCTIONS

- Partners stand facing each other – one partner is the leader the other the “copy cat”.
- Leader moves arms/legs/head or whole body forward/back, sideways, up/down or around.
- The copy cat tries to keep up and copy each movement the leader makes.
- The leader may only move 5 steps in any one direction.
- Activities such as crouching, swinging arms, hopping, turning on the spot.

VARIATION

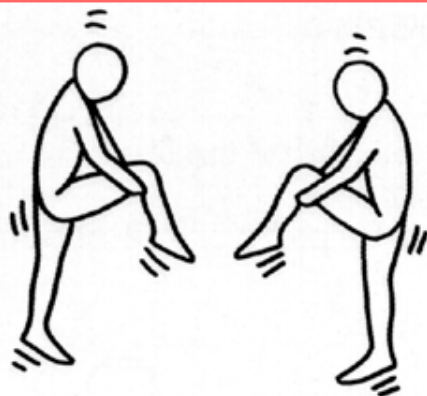
Allow leaders to move freely within the defined area.

TEACHING POINT

- Emphasise the need to take care not to contact others when moving about.

FOCUS ON

Physical – Body awareness. Range of movement.
Other – Encouraging creativity. Interacting with a partner.



Busy Bee

JUNIORS

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, free space

INSTRUCTIONS

- Children link right arms or join hands and skip around their partners on the spot.
- On teacher's signal “change” children change and link left arms and skip in the opposite direction.
- On ‘Busy Bee’ all children must leave that partner and run and find a new partner and begin their arm linked skipping.
- Repeat several times.

VARIATIONS

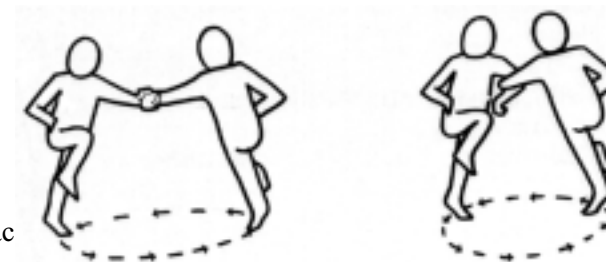
1. Link arms and hop in a circle.
2. Link arms and move backwards in the circle.

TEACHING POINT

- Try a variety of other movements.

FOCUS ON

Physical – Cardio-vascular effect. Balance. Co-ordination.
Other – Concepts of “opposite”, right and left. Co-operating with a partner.



PARTNER ACTIVITIES

Grinding Coffee

 JUNIORS

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, free spacing.

INSTRUCTIONS

- Partners stand facing each other with straight arms extended to the sides and hands joined.
- Both children turn underneath their own arms and finish back to back with hands still joined.
- Repeat turning back the other way.

VARIATIONS

1. Rock from side to side in a see-saw action.
2. Rock 2 or 3 times then turn.
3. Slip step 2-3 steps then turn without stopping.
4. When standing back to back – both children bend to one side and by bending the waist and knees try to touch fingertips to the ground – repeat to the other side.

TEACHING POINT

- Children of a similar height will find this easier.

FOCUS ON

- Physical – Arm and shoulder flexibility.
Other – Co-operation.



Dodge and Mark

ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, free spacing.

INSTRUCTIONS

- One person is the dodger, the other the marker.
- The dodger tries to get clear of the marker who tries to stay within arm's reach of the dodger.
- On whistle or stop, both marker and dodger stop.
- The marker tries to touch the dodger, one step is allowed, if he can, they win a point.
- Change positions.
- Repeat several times.

VARIATION

This activity can be performed at a walking pace.

TEACHING POINT

- Care needed if playing in a confined space, not to bump into others.

FOCUS ON

- Physical – Cardio-vascular effect. Agility. Varying pace.
Other – Developing and applying strategies. Anticipating partner's movement.



PARTNER ACTIVITIES

Upward Jumping

 ALL AGES

EQUIPMENT

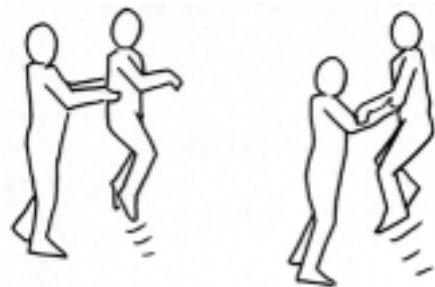
None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, similar size and height.



INSTRUCTIONS

- Children face each other – one is the ‘helper’, the other the jumper.
- Helper stands with one foot forward, one back, knees slightly bent and helper puts her hands underneath the jumper’s elbows.
- Jumper’s arms are bent – elbows stay close to body.
- Jumper puts her hands on the helper’s forearms just below the elbow.
- Jumper begins jumping and the helper co-ordinates her lifting with the jumping.
- Change positions after 15-20 jumps.

VARIATIONS

1. Jumper can try tucking or straddling her legs at the height of the jump.
2. Three small bounces and a big jump on 4.
3. Jumps with a small rebound in between.
4. Helper stands behind and holds jumper at waist.

TEACHING POINTS

- Jumper and helper must co-ordinate their effort.
- Ensure that the jumper keeps her upper arms close to her body.
- This is a strenuous activity for both partners.

FOCUS ON

- | | | |
|----------|---|---|
| Physical | – | Cardiovascular effect. Leg power and strength.
Upper body strength (lifter). |
| Other | – | Co-ordinating with a partner. Appreciating safe techniques. |

Paired Travelling

ALL AGES

EQUIPMENT.

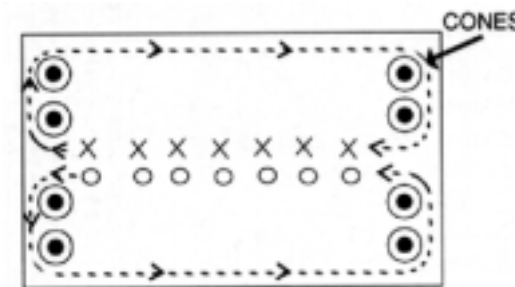
Eight marker cones or pegs.

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs.



INSTRUCTIONS

- One behind the other all facing the same way.
- Marker cones as shown in diagram.
- Teacher specifies a way of moving which the children are to do as they move down the centre line alongside their partner.
- When both leaders reach the marker cones at the front of the area they turn around their respective cones and jog around the perimeter, then around the cones at the back of the area, here they meet up with their partner and move down the centre in the way specified by teacher.
- Activities for centre – jogging, running, wooden soldier run (legs straight out in front), skipping, running kicking heels up to bottom, gallops, high knee running, zig zag running, running with tiny steps, sideways, slip steps with partners facing each other and holding hands.

VARIATION

Have partners find their own activity to do as they move down the centre of the area.

TEACHING POINTS

- This is a very tiring activity, especially if done on a netball court – allow the children to walk briskly around sides.
- Ensure that the two leaders understand the path they are to follow.

FOCUS ON

- | | | |
|----------|---|--|
| Physical | – | Cardio-vascular effect. Practising a wide range of locomotor skills. |
| Others | – | Unity in a large group activity. Co-ordinating with a partner. |

PARTNER ACTIVITIES

Over/Under/Side to Side

 ALL AGES

EQUIPMENT

None

AREA

Hall, grass,
hard surface, classroom.

FORMATION

Children in pairs,
free spacing.

INSTRUCTIONS

- Partners stand back to back.
- One of the partners is the caller and may call one of the following instructions to partner:
 - over
 - under
 - right side
 - left side
 - touch hands above heads
 - touch hands between legs
 - twist to right side and clap hands
 - twist to left side and clap
- Partner must respond quickly to partner's call.
- Change callers after several turns.

VARIATIONS

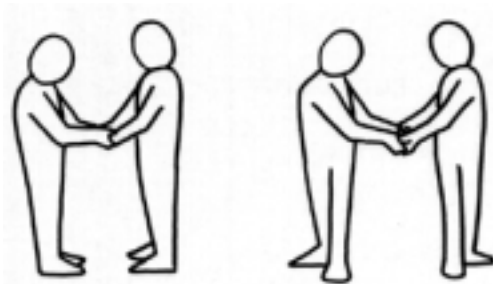
1. Add a movement call e.g. two steps right/two steps left
2. Have children find 2 or 3 suitable calls of their own.

TEACHING POINT

- This activity is easier if children are standing face to face

FOCUS ON

Physical – Flexibility of upper body and arms. Quick reactions.
Other – Concepts of over, under, right and left



Snatch The Tail

ALL AGES

EQUIPMENT

Team bands –
one between two

AREA

Hall, grass, hard
surface.

FORMATION

Children in pairs,
free spacing.

INSTRUCTIONS

- One of the pair has a band (or similar) tucked into the back of her skirt, shorts or jersey.
- The other partner chases and tries to snatch the band from her partner.
- Change over when successful.

VARIATION

This can be played as a full class activity where 3-4 pupils have bands and the remainder of the class chase these 4 and try to snatch their bands. If successful they wear the band.

FOCUS ON

Physical – Cardio-vascular effect. Quick reactions. Speed. Agility.
Other – Friendly competition.



PARTNER ACTIVITIES

Hoppo

 ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs – standing on one leg facing each other, arms folded across chest.



INSTRUCTIONS

- Each partner tries to ‘bump’ into his partner and put him off balance.
- Change legs frequently.

VARIATION

Both partners stand in an area such as one square of a four square grid – each tries to ‘bump’ and manoeuvre the other out of the boundary.

TEACHING POINT

- This is not intended to be a ‘rough activity’, ensure that it remains light hearted.

FOCUS ON

Physical – Balance and co-ordination. Leg strength.
Other – Developing and applying strategies. Friendly competition. Safety.

Knee Boxing

ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface – define boundaries.

FORMATION

Children in pairs, free spacing. Children stand facing each other.



INSTRUCTIONS

- Each partner attempts to slap the side of the others knees with an open hand – at the same time trying to stop his own knees being slapped by his partner by moving or blocking with his own hands.
- Each successful slap wins a point.

TEACHING POINTS

- Children should keep their knees bent as they try to protect their knees.
- Children can move freely about the area.

FOCUS ON

Physical – Cardio-vascular effect. Quick reaction. Agility. Co-ordination.
Other – Developing strategies. Friendly competition.

PARTNER ACTIVITIES

Three Legs/Five Legs

ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs,
standing side by side.

INSTRUCTIONS

- One partner lifts the leg nearest her partner.
- Both partners join inside hands underneath the lifted leg.
- One partner runs the other hops.
- Other partner has a turn.
- Return to first partner but change legs.

VARIATION

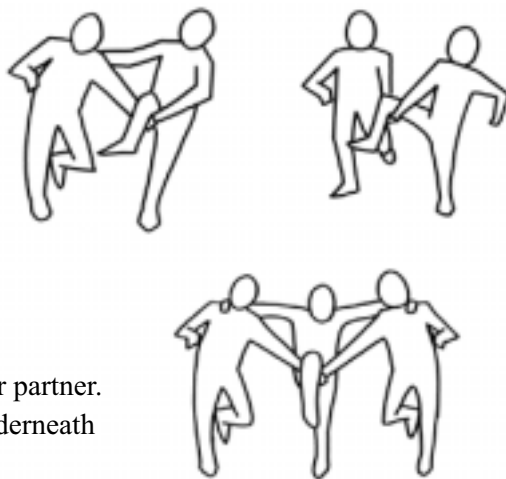
Five Legs. Children in threes (as in diagram) outside partners join hands under centre child's lifted leg. Centre child holds shoulders of outside children – swap positions until all have had a turn in the middle.

TEACHING POINT

- Partners must co-ordinate the running and hopping – the partner who is hopping will tire quickly.

FOCUS ON

Physical – Cardio-vascular effect. Balance.
Other – Working together.



Puzzled Partners

ALL AGES

EQUIPMENT

Tape recorder and
running speed music
(if available).

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, free spacing.

INSTRUCTIONS

- When music begins – or on teacher's signal, partners run away from each other.
- When music stops or on the signal, partners must quickly find each other and bounce lightly on the spot.
- Repeat several times varying the length of running time.

VARIATION

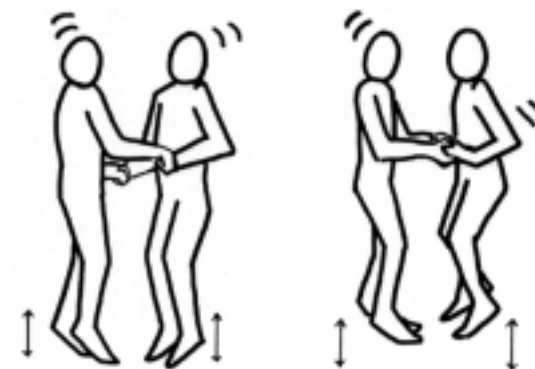
Change the movement e.g. skipping, hopping, galloping – vary the activity when partners meet e.g. twisting, hopping with linked arms.

TEACHING POINT

- Encourage children to move quickly away from each other rather than 'hover' close by.

FOCUS ON

Physical – Cardio-vascular effect.
Other – Co-operating with a partner. Listening.



PARTNER ACTIVITIES

Partner Run

ALL AGES

EQUIPMENT

None

AREA

Hall, grass, hard surface.

FORMATION

Children in pairs, side by side – inside hands joined, free spacing.



INSTRUCTIONS

- On signal pairs run freely within the area, hands remained joined.
- If a pair bumps into another pair all four children join hands in a circle and skip two full circles – before resuming the running.

VARIATIONS

1. Vary the activity – skipping, hopping, galloping.
2. On signal from teacher all partners must swap with someone else.

TEACHING POINT

- Encourage speed and direction changes and good co-operation between pairs.

FOCUS ON

- Physical – Cardio-vascular effect.
Other – Observing and using space.