



#FontanaTogether

Stand Together

Equipment:

- Stopwatch/timer
- Random items for participants to pick up (for modified version of activity)
- Music

Skill Emphasized:

- Cardiovascular endurance, teamwork, and balance.

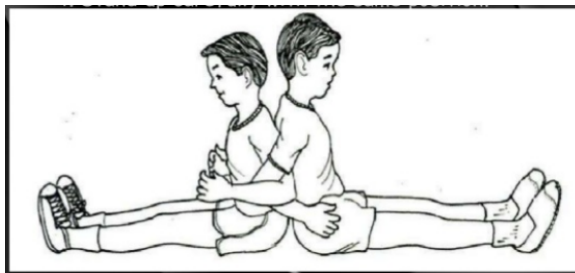
Organization:

1. Arrange an open floor space
2. Each participant must play with a partner of the same height.

Instruction:

Warm up and stretch before any type of physical activity!!

1. Sit partners down back-to-back



2. Instruct partners to interlock elbows and sit in a “long sitting” position.
3. Have partners stand up carefully while remaining back-to-back with elbows interlocked. They'll need to push against each other in order to get to their feet.
4. Remaining in that position, see if they can sit back down and stand back up.

Modifications/Variations:

- See if they can stay linked while walking around.
- Place item on the floor that they can try to pick up.
- Compete with other partners to see who can stand up the fastest.
- Have participants attempt the same task, but with 3 or more ppl at a time.

