

Movement Challenges & Games

SITTING BACK-TO-BACK

- In pairs everyone sits back to back with a partner with arms interlocked.
- Bend knees and draw feet in towards buttocks.
- Push down through feet and into the back of your partner generating upward movement.
- Once you find / feel equal pressure and balance and keeping feet planted pairs stand up and sit down together.
- Repeat three times and change partners.

Equipment: Nil.

Area Required: Enough space for pairs to sit back to back.

Benefits

- Develops balance.
- Develops body awareness.
- Cooperation.
- Coordination.
- Trust.

How to explain the activity

- Ask everyone to find a partner and sit together in the designated space.
- Explain students are going to sit back-to-back with arms interlocked with their partner and feet planted on the ground.
- Demonstrate the activity or have a pair of students do so.
- Ask the pair to work together using the weight and balance of your partner to stand up and sit down again keeping your feet planted.
- Encourage the pair to explore where they find it works best to have their feet planted and how to use the weight of their partner to achieve the challenge as smoothly as possible.
- Try with various partners.

Cues for debrief / reflection

- What was my aim and focus during this activity: achievement, cooperation, speed, good performance?
- What was the aim of my partner? Was it the same as my aim?
- What communication happened between my partner and myself while doing the activity?
- How well did I cooperate with my partner?
- How well did I focus on performing the activity to my best?
- How successful was I with different partners?
- What made the difference?
- How did I feel about working with the different partners?

How to vary the activity

- Explore doing the activity:
 - with different partners,
 - with eyes closed,
 - while standing on one leg with the other leg out in front,
 - with only one arm interlocked.