

Movement Challenges & Games

TOE TAPPER

- In pairs the bouts always begin and end with a bow of respect.
- The aim is to tap the toe/s of your opponent with your feet.
- The bout concludes with both players bowing to each other.
- Find a new partner and try again.

Equipment: Nil.

Area Required: Open flat space.

Benefits

- Persistence.
- Resilience.
- Respect.
- Balance.

How to explain the activity

- We are going to participate in a partner activity.
- Before each bout begins we must show our opponent respect by bowing (traditions such as throwing salt and foot stomping can also be introduced).
- The aim is then to face your opponent and place your hands on each others shoulders.
- There will be no holding or tugging on clothing.
- When you are both ready commence to try and tap the toes of your opponent with your feet, play best of five and then change partners.
- Remember that you must always finish the bout by bowing to your opponent.

Cues for debrief / reflection

- Did anyone find they were defeated by someone they didn't expect to be defeated by?
- How did you feel after the initial bow and the final bow?
- Did you find this challenging, did some opponents offer more challenge than others?

How to vary the activity

- Have partners clasp each others wrists - monkey grip.