

# Movement Challenges & Games

## TOE TO TOE FENCING

- The aim of this activity is to “push or pull” their opponent off balance.
- The students stand on a line one foot behind the other facing their partner. Each student is to have the tips of their front foot toes touching the tip of their partners front toes. Each student must have the toes of their back foot touching the heel of their front foot.
- Partners are facing one another and holding hands as if ‘shaking’ each others hands.
- When both are set each attempts to push or pull their partner off balance. If any part of their foot moves, or comes off the line then the game is over, and they attempt again.
- It is important to only use the hands which are held to contact (push/pull) the partner.

**Equipment:** Nil.

**Area Required:** Space for whole class. Partner activity.

### Benefits

- Balance.
- Strategic Planning (what could I do to).
- Observation of their partner.
- Awareness.
- Cooperation.

### How to explain the activity

- Finding a partner you are going to attempt to ‘push’ or ‘pull’ your partner off balance.
- Both of you will stand on a line one foot behind the other facing your partner. Each student is to have the tips of their front foot toes touching the tip of your partner’s front toes. Your toes on the back foot must touch the heel of the front foot.
- Each pair faces one another and hold hands as if ‘shaking’ each others hands.
- Once you are both ready, using only your hands which are held (the other hand is held behind your back to avoid it getting in the way) you must ‘push’ or ‘pull’ your partner off balance.
- Once one of you has lost balance, the game starts again.
- After you have attempted it a few times, then change hands and feet.

### Cues for debrief / reflection

- What strategies did you use to throw your partner off balance?
- Did you find that you were using more body parts than just your arms? What were they? Why was this so?
- Describe the feeling of playing the game having different feet forward. Was one side more challenging than the other? Why?
- Did height have anything to do with success?

### How to vary the activity

- Attempt to challenge different people in the class.

