



Balance: Immovable Rock

Equipment:

N/A

Set-up:

N/A

Description:

One student is to try and move the other student who is trying to mimic an immovable object. Strength and balance are two key components in this game.

Instructions:

One of the students curls up into a ball on the ground and tries to anchor himself so that nothing will be able to move him. The other student will try to move him by pushing from any side. Switch roles after a minute. Continue to rotate for the time period.

Scoring:

Score 3 points to the student that acts as the best immovable rock. Score 4 to the runner-up and 5 for all others in the group.

