

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Slovenia

School: Osnovna šola Dramlje (Dramlje, Slovenia)

EXERCISE NAME

MEDICINE BALL SIT UP PASS

Age band : 10-15

Materials:

medicine ball

Objective:

Cooperative skills development, Motor skills development, Strength skills development, Coordination skills development, Flexibility skills development, Balance skills development

Initial organization:

couples

Description of the activity:

Both partners lie faceup, knees bent, feet flat on the floor with ankles overlapping. Partner A holds the ball with extended arms overhead. Contract abs and sit up, bringing up arms and medicine ball to face partner. At the same time, Partner B also performs a sit-up without the ball. A hands B the medicine ball. B takes the ball overhead to lightly tap it on the ground behind head before sitting up and passing the ball back to A. And then repeat...

Rules:**Variations:****Link to the video recorded:**

<https://vimeo.com/254277853>