

## A6 ACTIVITY.- Physical education through cooperative methodology

**Country:** Poland

**School:** Szkoła Podstawowa nr 368 im. "Polskich Olimpijczyków". (Warsow, Poland)

### EXERCISE NAME

#### 1. Wheelbarrows

**Age band :** 14-15

**Materials:**

no equipment

**Objective:**

Cooperative skills development, Motor skills development, Strength skills development, Coordination skills development, Speed skills development, Endurance skills development, Balance skills development

**Initial organization:**

couples

**Description of the activity:**

The first student keeps his/her partner's legs while the second one lies in a support position. The second student's aim is to cover the distance with his/her hands only. This exercise may be done in the form of races.

**Rules:**

How to Get as Fast as possible on your hands to the Finish.

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

[https://www.youtube.com/watch?v=W\\_rGnV0tCpc&feature=youtu.be](https://www.youtube.com/watch?v=W_rGnV0tCpc&feature=youtu.be)