



A6 ACTIVITY.- Physical education through cooperative methodology

Country: Poland

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

EXERCISE NAME

25. keep your balance

Age band : 12-13

Materials:

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Objective:

Cooperative skills development, Strength skills development, Coordination skills development, Endurance skills development

Initial organization:

2



Description of the activity:

Two workout partners stand next to each other. They struggle to push each other aside

Rules:

The winner is a student who is stronger and who upsets his/her partner's balance

Variations:

Link to the video recorded:

https://www.youtube.com/watch?v=UseS_SJApI0