

## A6 ACTIVITY.- Physical education through cooperative methodology

**Country:** Poland

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

### EXERCISE NAME

#### 2. Turnover in pairs

**Age band :** 14-15

#### Materials:

no equipment

#### Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Speed skills development, Agility skills development, Flexibility skills development, Balance skills development

#### Initial organization:

pairs

**Description of the activity:**

Students in pairs stand back to back with their hands up. They do 4 full rotations after a signal. The winning pair is expected to do this exercise correctly as first one.

**Rules:**

The exercise should be done as quickly as possible with hands up.

**Variations:**

**Link to the video recorded:**

<https://www.youtube.com/watch?v=Kl1jQzjb730&feature=youtu.be>