

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Poland

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

EXERCISE NAME

23. fighting roosters

Age band : 12-13

Materials:

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Objective:

Cooperative skills development, Coordination skills development, Speed skills development, Balance skills development

Initial organization:

2

Description of the activity:

Students dropped into a squad struggle to upset partner's balance

Rules:

The winner is the student who keeps balance

Variations:

Link to the video recorded:

<https://www.youtube.com/watch?v=KJWqcbNXXoU>