

Partner Stand-Ups

Grades 3-5

BENEFIT

Balance

LOCATION

Grass

EQUIPMENT

None

Tip

The students should press firmly as they lean back, then use their thigh muscles to stand.

- 1 Assign each student a partner. The partners sit, back to back.
- 2 Without using their hands, the students must lean back into each other and stand up together.



Two students lean back and use their leg muscles to stand up.