

Push-Up Copycat

Grades K-5

BENEFIT

Muscular strength and endurance, balance

LOCATION

Grass

EQUIPMENT

None

Tip

To keep the game fresh, have the students stand up and change partners every one to two minutes.

- 1** Assign each student a partner; designate one student as the leader, the other as the copycat. The partners face each other and get into the push-up position, heads close together (see photo below).
- 2** The leader makes various movements while maintaining the basic push-up position, with knees off the ground. The copycat tries to imitate the leader. Possible movements include balancing on alternating arms, lifting one leg off the ground, and making facial expressions.
- 3** After about 30 seconds, the students switch roles; the copycat becomes the leader.



One student copies the other's movements and facial expressions while maintaining the basic push-up position.