

# Push-Up Position Hand Tag

Grades 1-5

## BENEFIT

Muscular strength and endurance, balance

## LOCATION

Grass

## EQUIPMENT

None

- 1 Assign each student a partner. The partners face each other and get down into the push-up position, heads close together.
- 2 The students remain in place, face to face in the push-up position—with knees off the ground—throughout the game. Once the game starts, both students attempt to reach out, balancing on one hand, and tag one of their partner's hands. Students need to focus on tagging quickly, but they must also pay attention and be prepared to adjust their own hand positions to avoid getting tagged by their opponent.
- 3 The first student to tag his partner's hand wins the round.



## Tip

Change partners periodically to refresh the game.

Students in the push-up position try to tag each other (A). The first student to tag his partner's hand wins the round (B).