

Standing Hand Slaps

Grades 3-5

BENEFIT

Balance

LOCATION

Grass

EQUIPMENT

None

Tip

Give your students some advice about strategy if they are having difficulty. Slappers need to find the right amount of force. A firm slap to your partner's hands could cause her to move one or both feet. But if you use too much force and your partner pulls her hands away in time, you might step forward inadvertently.

1 Assign each student a partner. The partners stand facing each other, feet shoulder-width apart. Initially, there should be about 2 feet of space between partners. The students hold their hands chest high, palms forward, ready to meet a slap from their partner. In this stance, just a few inches separate one partner's palms from his opponent's.

2 Once both partners' feet are set, the challenge begins. The partners deliver and receive hand slaps; both partners can move their hands to avoid getting slapped. Each partner tries to retain his own balance (keeping both feet in the starting position) but cause his opponent to lose balance (make his opponent move one or both feet). The student who first loses his balance loses the contest.



Two students get into the initial position for Standing Hand Slaps (A). The student on the right moves his hands away, avoiding a slap and causing his partner to step forward; the student on the right wins the round (B).