

Toe Fencing

Grades 3-5

BENEFIT

Balance,
muscular
coordination

LOCATION

Grass

EQUIPMENT

None

- 1 Assign each student a partner. The two partners face each other and place their forearms together, holding each other by the elbows.
- 2 When they are in position, the students say "Ready, go." The first student to step on her partner's foot wins the challenge. The partners must hold onto each other's elbows throughout the challenge. The students must not push or pull on their partner.



Tip

Remind students to step gently when going for their partner's foot.

Preparing to toe-fence, two students grasp each other's elbows. The first student to step on her partner's foot wins the contest.