

## Tunnels (like a leap frog)

With a buddy play tunnels (this is like leap frog but you make tunnels for your friend to crawl through):

- How far can you travel in a minute?
- Can you follow a line around the court



## Rowing

Face a buddy and hold each other's wrists, bend your knees and lean back, rock back and forwards rowing your arms:

- Can you do this while sitting?
- Can you do this while standing?
- Can you row with 3 people? Or 4 people?



## Treadmill

Lie down on the ground with your feet touching your friend's. Run keeping your feet touching:

- How fast can you go?
- How slow can you go?

