



# Back Me Up

Challenges

Communication

Maintain  
Balance

Walking  
Back To  
Back



## Rules of Play

- Place students into groups of two with roughly the same height and weight as their partner.
- Instruct the players to sit back to back on a mat and bring their knees up close to their chests.
- Tell the students to push their backs against each other and they attempt to stand up.
- If the students feel confident enough, have them try to sit back down in the same fashion.

## Variations and Progressions

- Attempt the same game with groups of three or four students at a time.
- Advanced students can attempt to move around the gym in a halfway sitting position.



## Game Info

### Equipment

One large mat per pair of students

### Safety

Very important this activity is performed on a mat and away from walls and other obstacles.

## Discussion

*Why is communication important with your partner?*

*How do you maintain your balance when trying to stand up?*

*What is your technique to walking while being back to back?*