



# Give Me A Lift

Challenges

Communication

Maintain  
Balance

Teamwork

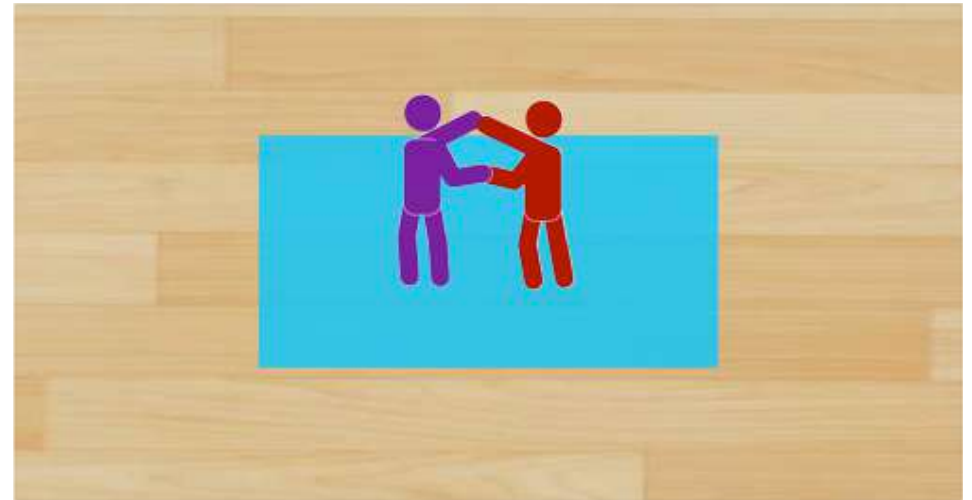


## Rules of Play

- Place students in pairs with roughly the same height and weight as their partner.
- Have the players sit on a mat facing each other with their feet flat on the mat and their toes touching.
- Tell the students to reach forward and grab each other's hands, and then try to pull together to come to a standing position.
- If the students are strong enough and feel confident enough try to have them sit back down doing the procedure in reverse.

## Variations and Progressions

- Try this activity in groups of three or more students.
- Have advanced players try to spring out of the sitting position and spin a half turn in the air (so they exchange positions) without letting go of their partner's hands.



## 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?*

*Why is teamwork important for both students to be successful?*