

PARTNER INSTANT ACTIVITIES

Perfect for getting your students moving at the beginning of class.

Toe Tag

1. Partners place hands on each others shoulders.
2. Try and tag your partner's feet with your toes (no stomping).
3. Move feet to avoid getting tagged.
4. A point is scored every time a toe is tagged.
5. First to five points wins and then find a new partner.



Bumpo-Hopo

1. Students hop on one foot (great for teaching difference between a hop and a jump).
2. Once the foot is up it must stay up, no switching.
3. Partners will push each others shoulders until a partner places the elevated foot on the ground.
4. Play until five and then find a new partner.



Rooster Rumble

1. Partners reach down on the medial portion of their legs.
2. Grab ankles with palms facing forward and thumbs out.
3. Students will nudge into each other until one student loses grip of at least one ankle.
4. First to five wins and then find a new partner.



Smack

1. Students will connect hands with a handshake grip (alternate between left and right hands).
2. The goal is to touch the partner's hip with the outside of the hand that's gripping.
3. Push, pull, and move to avoid getting tagged.
4. A point is scored every time contact is made to the hip.
5. First to five wins and then find a new partner.



Flip Flop

1. First partner is down in a forearm plank while the second partner stands facing one hip.
2. Standing partner jumps with two feet over planked partner.
3. Plank partner turns and makes a table.
4. Standing partner crawls under the table.
5. Switch after desired amount per student.



Push-up Handshakes

1. Partners start in push-up position facing each other.
2. Partners will do a push-up in unison.
3. Partners reach out and shake right hands.
4. Repeat push-up.
5. Partners shake left hands.
6. Repeat for desired amount.



Plank Jumps

1. First partner down in forearm or upward plank position (your choice).
2. Second partner stands near the shoulders while placing both hands on their partner's shoulders.
3. Standing partner jumps with two feet side to side over plank partner while keeping contact the whole time.



Plank Squats

1. One partner starts in forearm plank while the other stands at their feet.
2. Standing partner stands with wide legs and picks up partner by ankles.
3. Standing partner does squats with the head and chest up while plank partner keeps their stomach from touching the ground.
4. Repeat for desired amount and then switch.

