Stand face to face and hold hands above you heads. Each partner must lift one leg off the ground, going backwards.
Stand with one partner in front of the other. The partner in front leans back and the partner in back must support him/her.
One partner kneels down on one leg. The other partner must lean forward and lift one leg back off the ground so that he/she is balancing on one leg. Hold hands.
Sit down with one partner in front of the other. Put your arms out to the sides on the floor to support you. Make a
Stand face to face. Raise your left leg. Hold your partner’s left leg with your right hand. Raise your left hand!
One partner stands with his/her feet spread and arms out. The other partner stands at his/her side with his/her legs together. The partner with his/her legs together grabs the partner’s arms and leans back.
Stand back to back with your feet together. Hold hands. Both partners lean forward.
Stand next to each other with your legs spread. Hold hands. Bend the knee that’s facing away from your partner and lean away from each other.
One partner will lie down on the ground with his/her knees bent. The second student will sit on his/her partner’s knees, with his/her feet over the first student’s head. The first student will hold up his/her partner’s feet with his/her hands.
Both students get into a plank position, one in front of the other. The student in front will put his/her ankles on the other student’s shoulders.
One student gets into a crab position and the other gets into a plank position with his/her feet on the first student’s knees.
One student gets into a crab position and the other gets into a plank position with his/her feet on the first student’s shoulders.
Both students get into a crab position, one in front of the other. The student in front will put his/her ankles on the other student’s shoulders.
It is very important that you always put your feet on your partner’s hips and never his/her back.
It’s very important that the two people kneeling push their knees together.
It’s very important that you sit on your partner’s hips or shoulders but never on your partner’s back!
It’s very important to put your feet on your partners’ shoulders, and not their backs.
One person lays face down, with his/her chin in his/her hands. Two other students kneel down on all fours on both sides of the first student. The fourth student will stand on the hips of the two students who are kneeling.
Two students kneel down on all fours and two other students sit on their backs and hold hands.
One person lays down face down. Two students kneel down on all fours on both sides, perpendicular to the first student and with their heads touching. The fourth student stands on the shoulders’ of the second two students.
One person gets down on all fours. Another student knees on the back of the first student. Two more students kneel on either side of the first two and support the one who is on top.
One person kneels on all fours. The second student stands on the first student’s hips. Two more students lie on their sides on either side of the other students, (with their feet touching the first student’s legs) and hold hands with the student who is standing.
The first student stands up in the middle. Two students kneel down on all fours on either side of the first student. The fourth student stands on the hips of the second two students and holds hands with the student who is standing up.
Two students will sit down with their knees bent, feet touching each other and arms behind them for support. Two more students will sit on the knees of the first two students. The fifth student will stand on the knees of the second two students.
Four children will be down on all fours. Two more children will stand on top of the others with their feet on their classmates’ hips.
Two children will be down on all fours, facing away from each other. The second two children will be sitting with their knees bent and arms out behind them for support. The second two should sit so that their knees are under the first two students’ heads. The last two children will each put one foot on the shoulder and one foot on the hips of the first two children (who are on all fours).
Two children will be down on all fours facing away from each other. A third child will stand on their hips’. Next to them, a fourth child will be standing up with his/her left hand touching one of the children who is on all fours. Next to the fourth child, the fifth child will be on all fours, facing the fourth child. The sixth child will stand on top of the fifth child with one foot on the shoulder and one foot on the hips of the fifth child. The sixth child will hold hands with the fourth child (who is standing up).
The first student will be lying down on his/her stomach with his/her chin in his/her hands. The second child will be down on all fours, on top of the first child. On either side of them the third two children will also be on all fours perpendicular to the first two, with their heads facing away form each other. The fifth child will stand on the hips of the third two. The last two children will be on either side of the group. They will kneel down on one knee and stretch their other legs out, so that it is touching the first child’s elbows. Then, they will hold hands with the child who is standing up.
Two students will be down on all fours next to each other. A third student will stand on their hips. The fourth two children will be standing, facing each other holding hands with the third child. The last two children will be lying on their backs, facing away from each other with their feet going under the arms of the first two. They will hold their arms straight above them.
The first student will be down on all fours facing forwards. The second two children will also be on all fours, facing away from each other, perpendicular to the first student. The third two students will each be standing with one foot on the hips and one foot on the shoulders of the second two. The last two children will be standing up on either side of the rest of the group, holding hands with the children who are standing on their partners' hips and shoulders.
The first two students will be on all fours next to each other. The second two students will be standing on the hips of the first two children. The last two will be standing on either side of the group holding hands with the second two children.
Six people on all fours facing forward, making a pyramid.