PHYSICAL EDUCATION

ACROSPORT

A cooperative sport.
• Acrosport is an ancient sport. It is believed that the Egyptians were the first people to practice this sport.
It is a team sport that we can do in pairs or small groups. The object of the sport is to make formations with our bodies.
• We only need a few mats and some light music in the background.
• When we do acrosport the smallest person is always on top. The strongest people are the base and support the weight of their teammates.
• The way we hold our hands is very important. There are several ways to hold hands:

1. Hand to hand.

2. Hold hands with your fingers closed.
3. Hold on to the wrist.
4. Hold on to the arm and make a square.
5. Hold on to your partner's shoulders.
• In pairs.
• In threes.
In fours.
In a big group.