

PHYSICAL Education

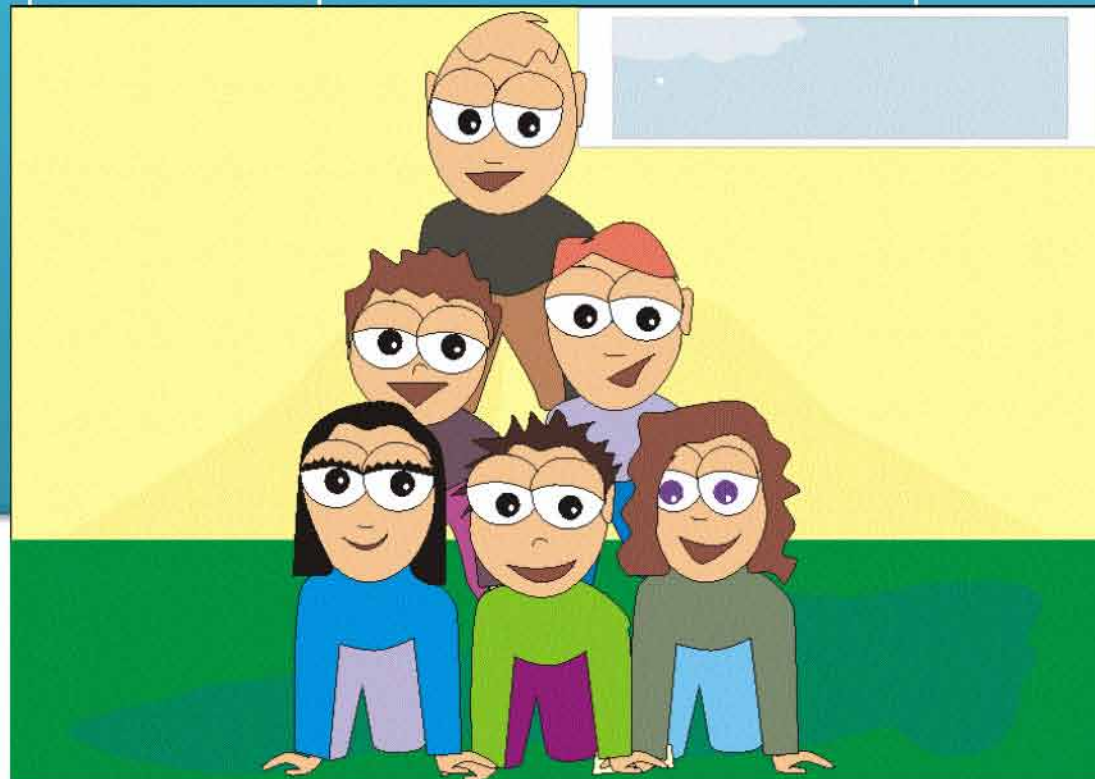


# acrosport



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.

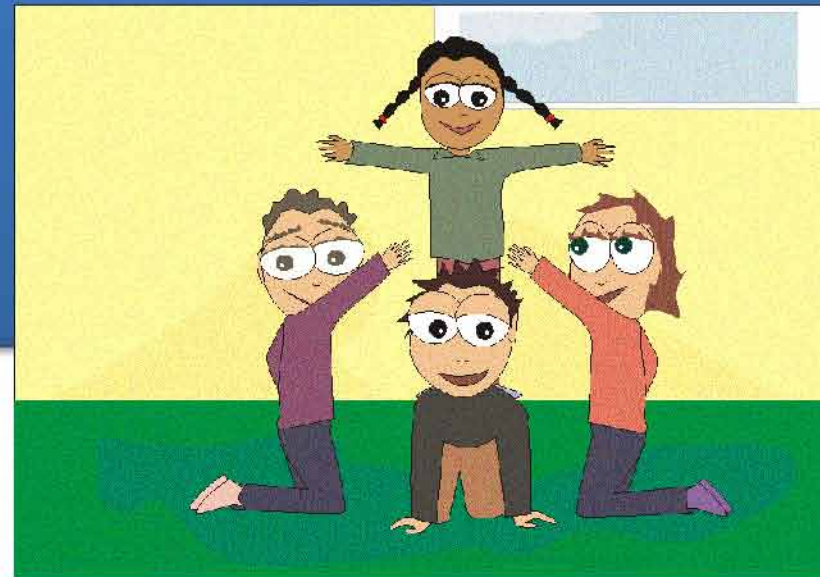




- We only need a few mats and some light music in the background.

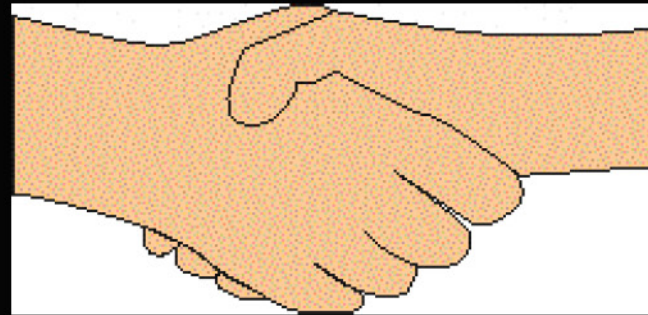


- When we do acrosport the smallest person is always on top. The strongest people are the base and support the weight of their teammates.

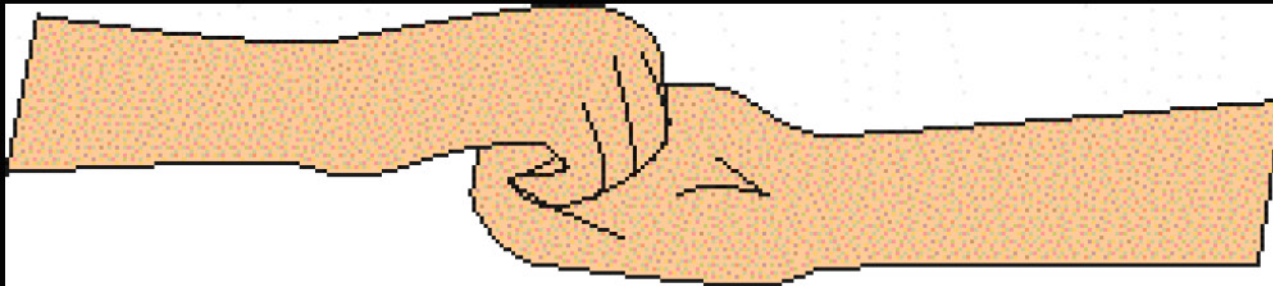


- The way we hold our hands is very important. There are several ways to hold hands:

1. Hand to hand.

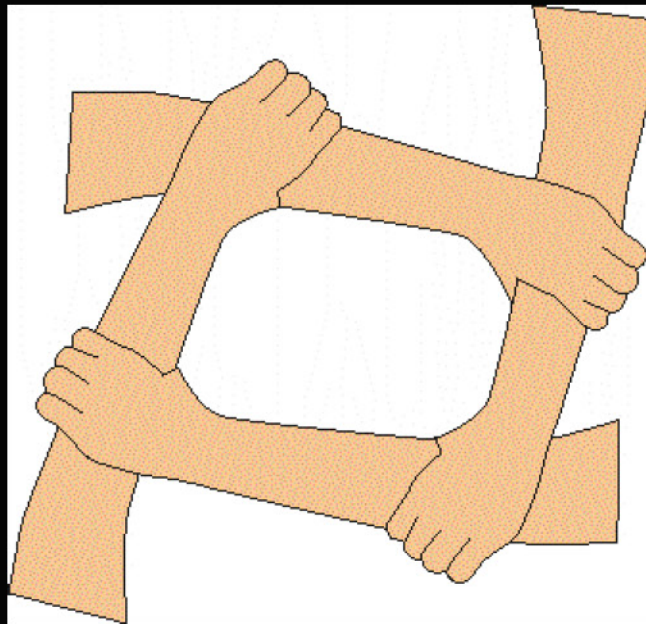
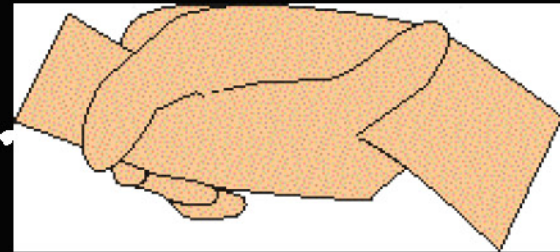


2. Hold hands with your fingers closed.



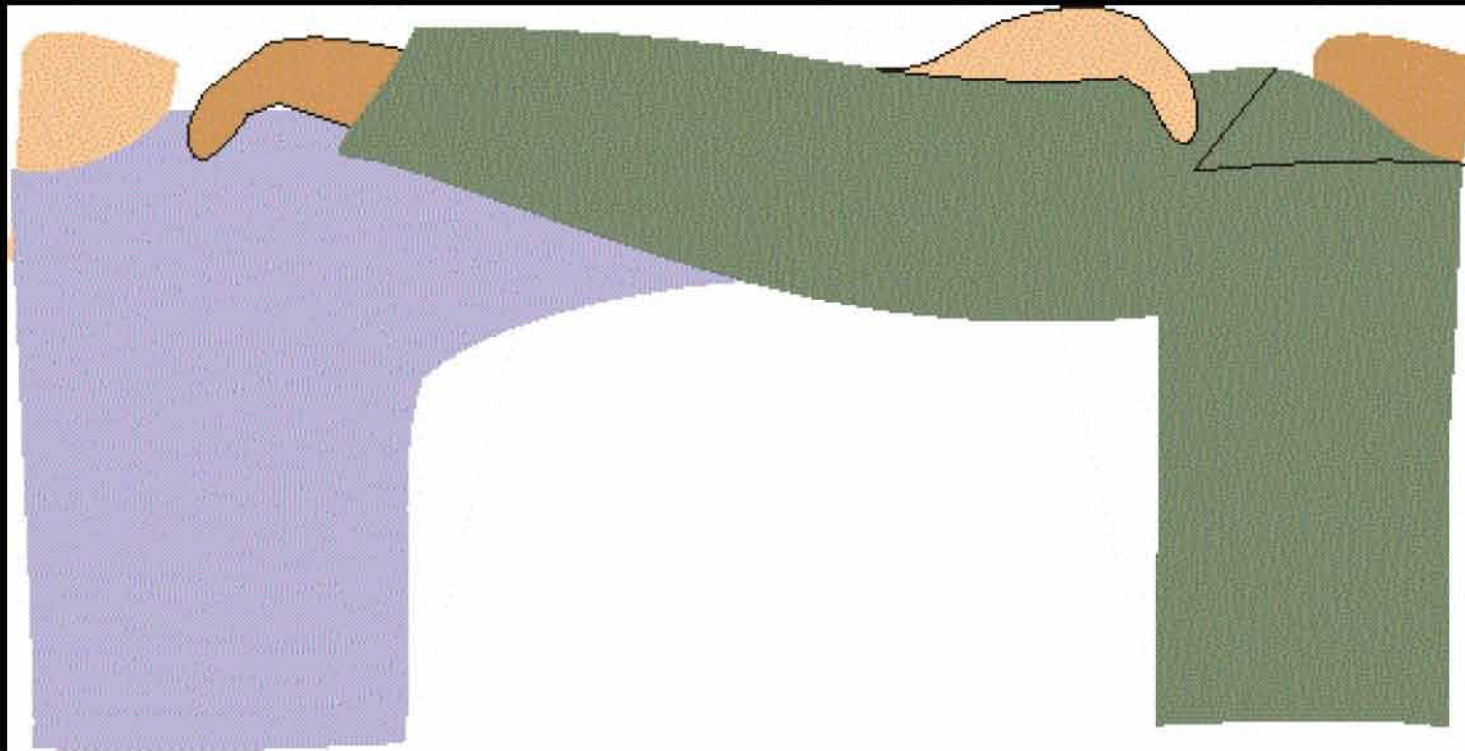
3. Hold on to the wrist.

4. Hold on to the arm  
and make a square.

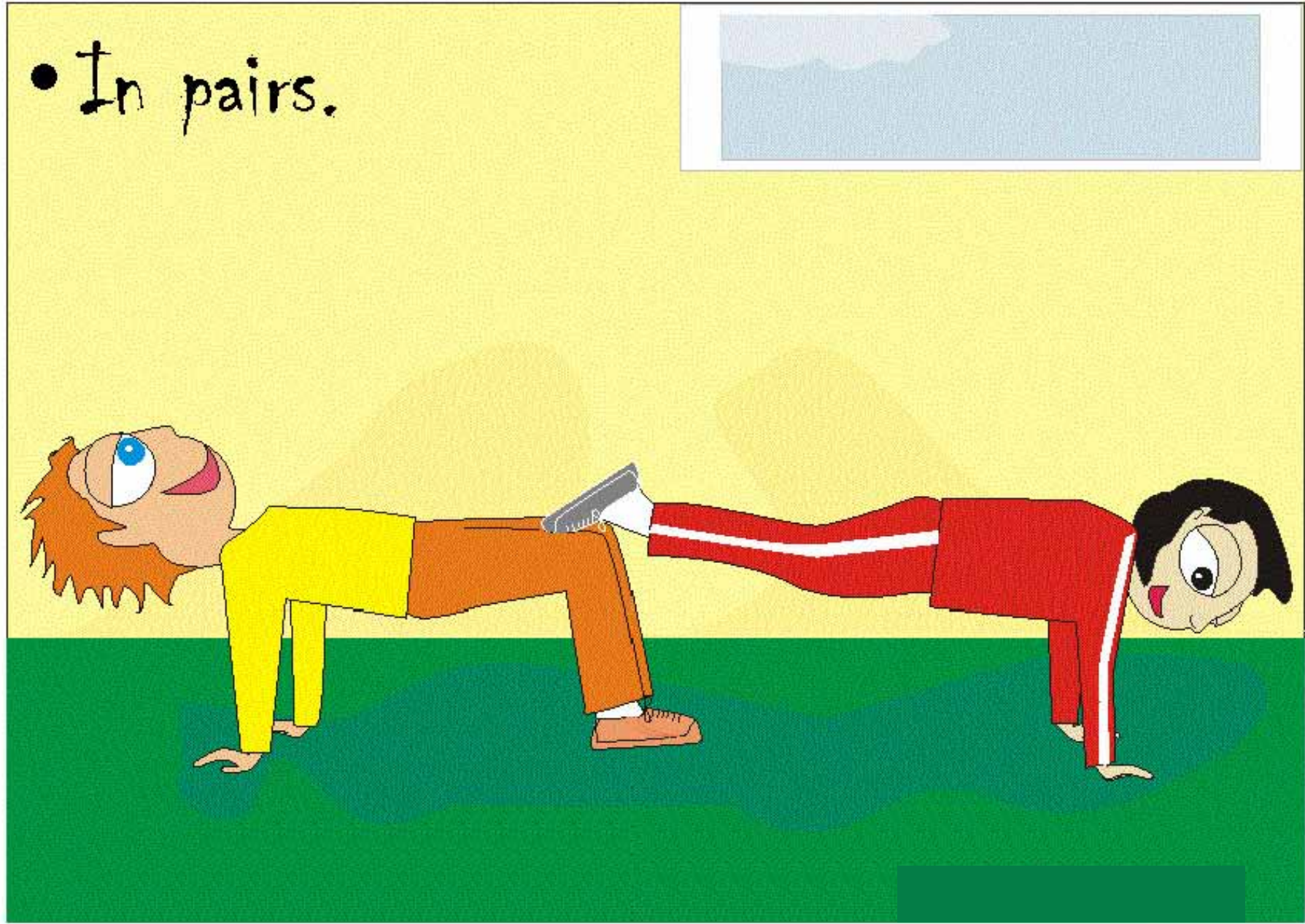




5. Hold on to your partner's shoulders.

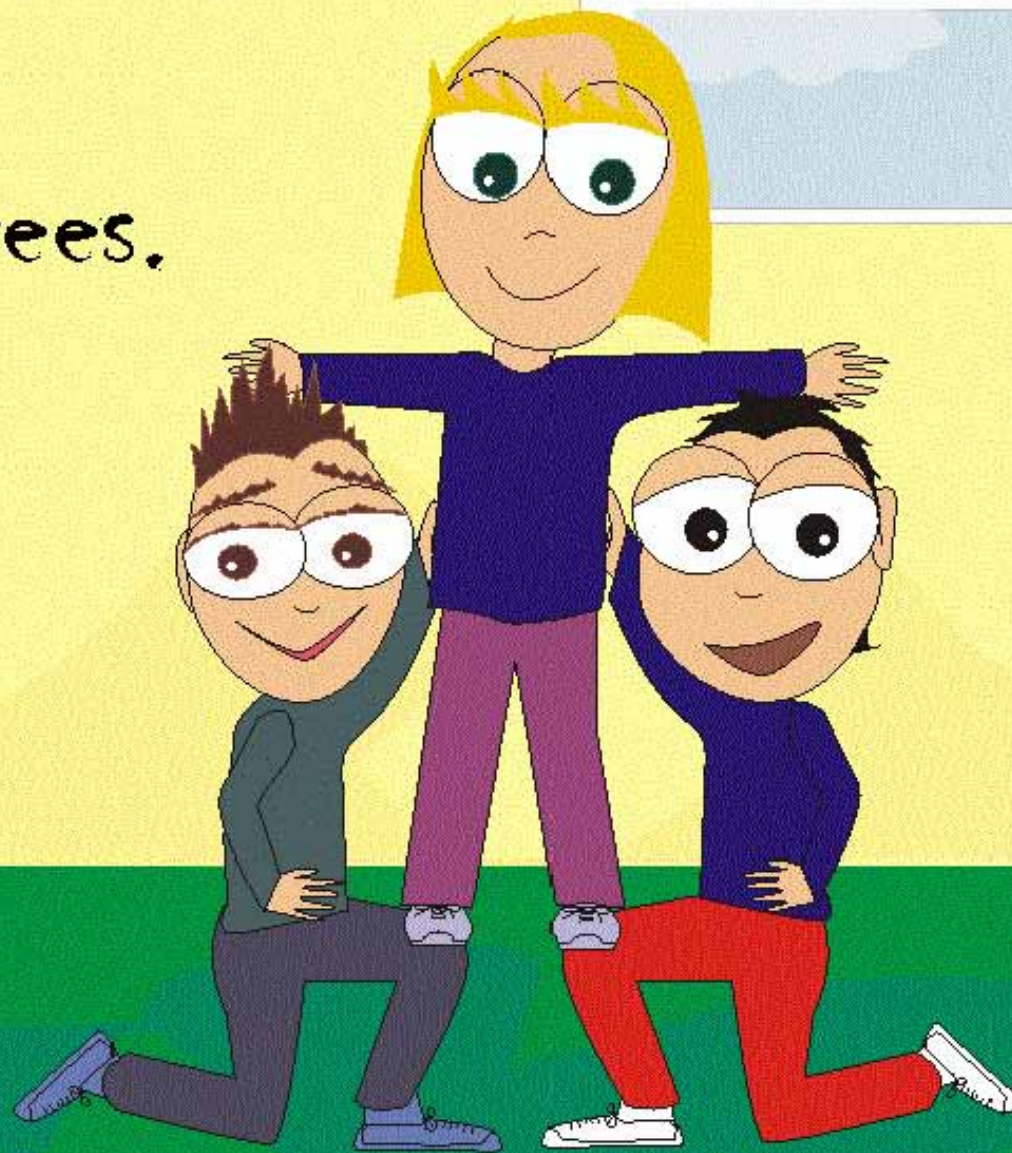


- In pairs.



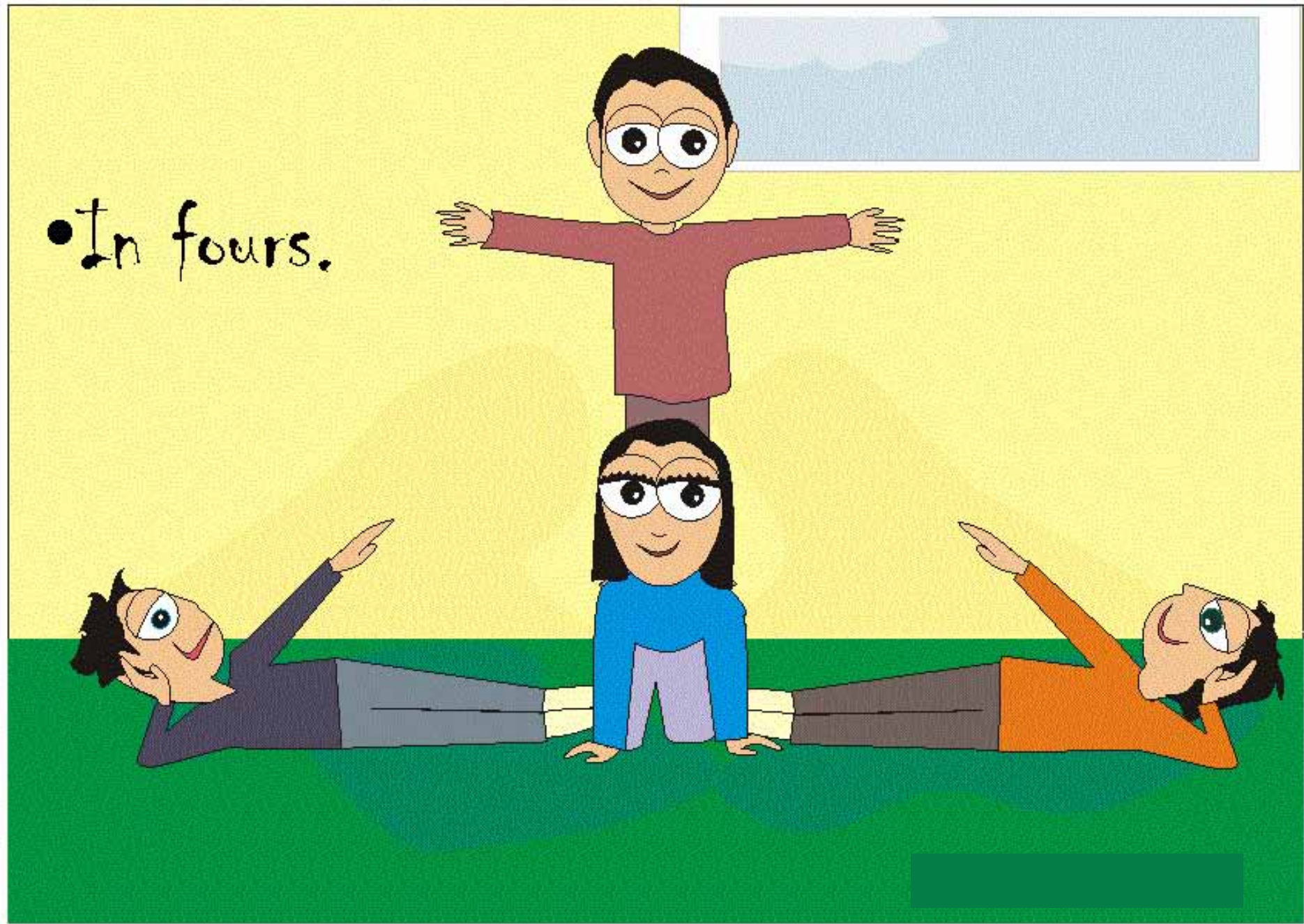


• In threes.





• In fours.





• In a big group.

