PASS IT AROUND

Ready...
• 1 piece of equipment per 4 students. (Choose larger-sized, light pieces such as cones, utility balls, paddles, etc.)

Set...
• Students sitting in a circle, facing out. Elbows hooked with neighbors.
• Put 1 piece of equipment in front of every 4th student around the circle.

GO!
1. The object is to move all pieces of equipment around the circle without using hands.
2. On signal, pass the equipment around the circle (clockwise) with your legs and feet. Try to pass the equipment without letting it touch the ground.

CHALLENGES
• Can you move the equipment around the circle without allowing it to touch the ground?
• Each of you has 5 seconds to pass the object. Referee yourself and count when you receive the object. Do 5 sit-ups if you take longer than 5 seconds.

CUES
• Use your abdominal muscles to keep your feet off the ground.
• Work together and help each other.
Rumor has it there was a guy who could make a sandwich with just his feet. Yuck! Don’t try it at home. He was a trained professional. But here’s an idea: While you are watching TV, work your abdominals, and try passing around towels, paper plates, magazines and other lightweight items with your feet. Stay away from your brother’s stinky socks, though. Double yuck!

**TONY’S TIPS**

- Place stronger students at every other spot marker to help.
- Modify the pieces to pass, if most are struggling with the task.
- Two Circles: If there are more than 30 students, create 2 or more smaller circles.

**NOTES**

---

**STANDARDS ADDRESSED**

- **NASPE**
  - #1 Body awareness/object manipulation
  - #2 Problem-solving
  - #5, 6 Cooperation and communication

**Your State** (Write in here)

---

---