

## Back to Back

- Class is divided into groups of 2.
- Divide the gym lengthwise down the middle (use a line if it is there or place cones down the middle).
- Team mates sit across from each other on the sidelines of the gym
- When the teacher blows the whistle both team mates run across the gym in opposite directions and touch the sideline with their foot, turn and run to the other side of the gym .They do this until the teacher blows the whistle.
- When the whistle is blown (or the music is stopped) the students must race to the middle of the gym and sit back to back. If the students have not yet passed their teammate at the middle line they can they can immediately sit back to back at the middle line. If one or both of the students has passed the middle line both teammates must continue to the sideline, touch it with their foot and the run to the middle line and sit back to back