

Caught in the Middle

- Divide the class into groups of 3
- 2 teammates start at one side of the gym while the 3rd teammate is at the other side. I have them stand behind the volleyball side lines.
- 1 student from the group of 2 runs across the gym and touches hands with his/her teammate.
- This person then runs across and touches hands with the 3rd teammate.
- The students continue to do this until the teacher blows the whistle.
- The teammate that is caught running does whatever exercise that the teacher designates then starts running again as soon as he/she has finished the exercise.
- Keep doing this until you decide that they've had enough.