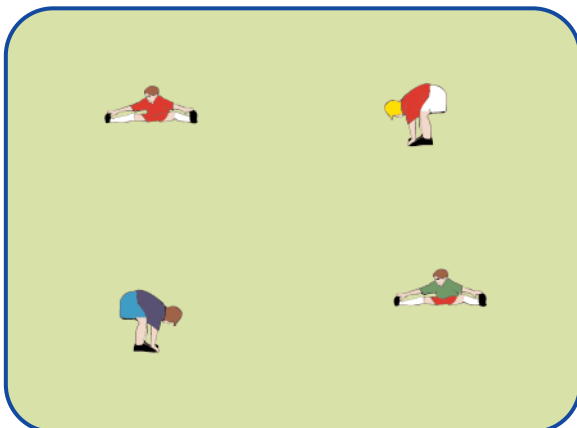


Toes



Implications for the Game

Technical

- Does not apply

Physical

- Body awareness

Tactical

- Following instructions

Social/Psychological

- Creativity of body movements

Activity Organization:

Toes is a creative body awareness and challenging activity.

Players are sitting down holding their toes. Through all of the instructions, players must not let go of their toes.

Suggested challenges:

- Can you make one leg longer than the other, without letting go of your toes?
- Can you make the other leg longer, without letting go of your toes?
- How wide can you make your legs, without letting go of your toes?
- How small can you make yourself, without letting go of your toes?
- Can you make yourself as large as possible, without letting go of your toes?
- Can you make yourself as narrow as possible, without letting go of your toes?
- Can you get your feet higher than your head, without letting go of your toes?
- Can you place your feet behind your head, without letting go of your toes?
- The grand finale. Can you stand up and walk, without letting go of your toes?

Related Activities

- I Can Do Something, Can You?
- Ballnastics - Individual
- Ballnastics - Competitive