



Ready...

- No equipment

Set...

- Create groups of 4-5; each group stands around a table/desk.
- All students place palms on table, then cross their hands with students on both sides of them.

GO!

1. The object is to pat the table, 1 hand at a time, in a smooth rhythm around the circle.
2. Decide who will start the round and which direction it will go.
3. On signal, begin with a pat on the table. The pat needs to move around the table smoothly from hand to hand.
4. When you hear “Switch,” switch directions as quickly as you can.
5. How quickly can your pats move 2 times around the circle with no mistakes?

*SPARK™ IT UP!

* **Foot Stomp Relay**

Stand in a circle with feet crossing over others. Try to stomp 1 foot at a time around the circle in a smooth rhythm.

* **Push-up Relay**

Make a circle; get in push-up position with hands toward the center; cross hands with your neighbors. Pat the floor in a smooth rhythm 1 hand at a time around the circle.

* **Crab Stand Relay**

Make a circle; get in crab-walk position with feet toward the center; cross feet with your neighbors. Stomp the floor 1 foot at a time in a smooth rhythm around the circle.