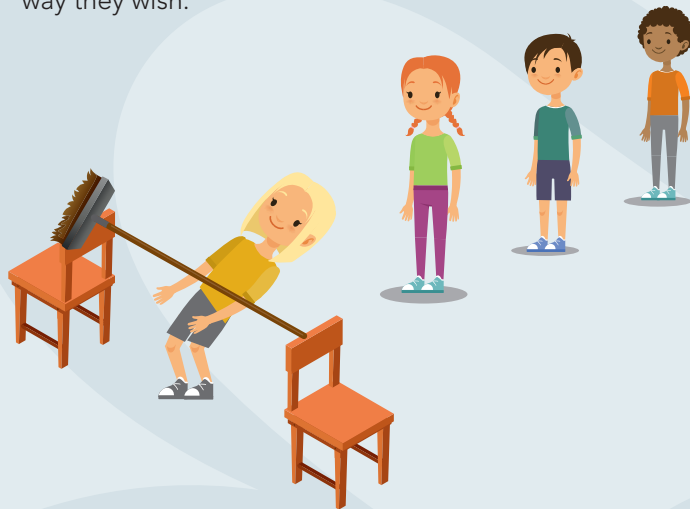


3. No-Hands Limbo

Description

Arrange the equipment with 2 chairs facing each other, 1m apart and the broomstick laid across the chairs creating a Limbo stand.

Invite pupils to use dynamic balance to travel under the broomstick without their hands touching the ground. Invite them to do this in any way they wish.



Equipment

- 2 classroom chairs.
- Brush or broomstick.

Variations

- Invite the pupils to raise the height of the broomstick from the chair using books or lunchboxes.
- Invite the pupils to limit the body parts permitted to touch the ground, e.g. 2 body parts only.