

Hand Push

FMS Skills

Balance

Equipment

None

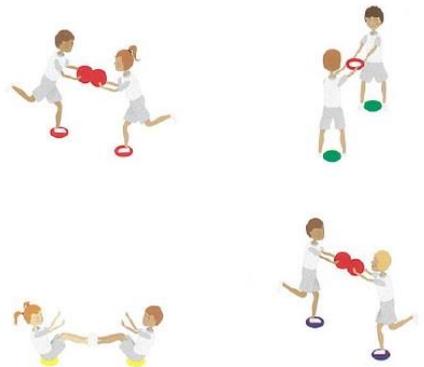
For variation- spots and balls or quoits.

Area

Hall, grass, hard surface, classroom.

Formation

Children in pairs, similar size and height.



Instructions

- Partners stand facing each other, 1 foot slightly forward of the other – both knees slightly bent and body leaning forwards.
- Place palms of hands against partners at shoulder height and push against each other's hands.
- Keeping palms together push upwards, sideways and downwards trying to maintain balance.

Variations

1. Place spots on the ground approximately 1 metre apart. Each player holds a ball in two hands and stands on the spot. The players use the ball against their partner's ball to try to push them off the spot. The player who pushes their partner off the spot is awarded a point. The first player to five points is the winner.
2. Players have a ball or quoit between them. They pull the object to make their partner lose balance.
3. Players sit on their spot with their feet in the air and hands of the ground. They push against their partner's feet to make them lose balance. (This requires partner's feet to be touching at all times, rather than using a kicking action).

To make it easier

- Players stand on larger targets.
- Position players closer together.
- Players use the same object.

For even younger children (in particular under-fives)

- Try activity on soft grass or matting so if they fall over they won't get hurt.
- Variation 1.
- Try the 'To make it harder' progressions (last four) but get them to have a go individually. You could time them to see how long they can balance for.

To make it harder

- Players stand with a foot either side of the spot (shoulder width apart).
- Players stand with one foot in front of the other.
- Players stand on one leg, with their free leg remaining close to the other leg (then changing legs).
- Players stand on one leg, with their free leg out to the side (then changing legs).
- Players stand on one leg, with their free leg out the back (then changing legs).
- Players crouch.

For more activities – check out the Kiwidex Manual which is also available on <http://www.sportnz.org.nz/managing-sport/tools-and-resources/teaching-resources>