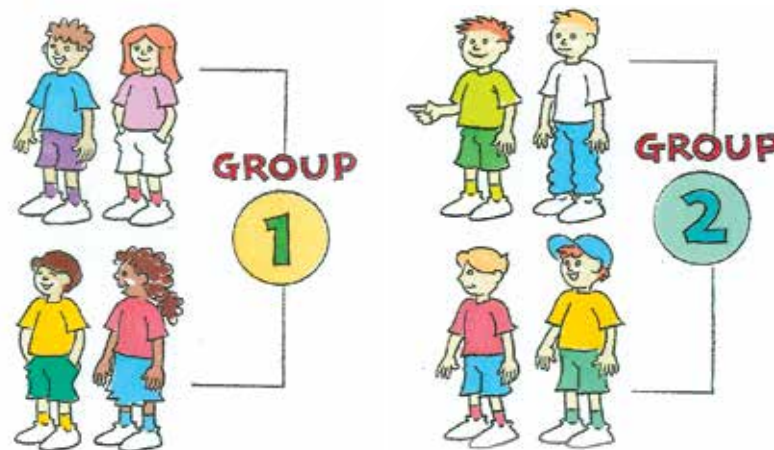


Splitting pairs

If a class is already divided into pairs, this activity allows the coach to form 2 new groups. If the 2 new groups are too big, they can be split using this fun activity. Play with 8 or more.



What to do

Setting up

- > Players are already in pairs from a previous activity.

Playing

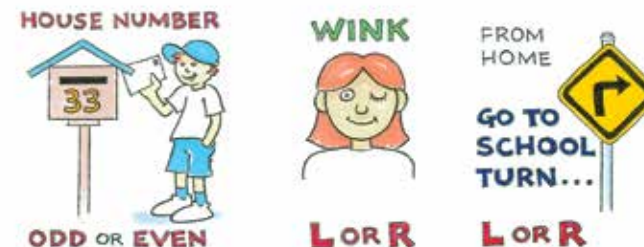
- > Call an action such as 'reach under your knee and join hands while standing on one leg'.

- > The first person to perform the call from each pair form group 1 and the other half form group 2.
- > **Four groups** – repeat the previous step.
- > If there is a dispute about who was first, ask for a repeat and add an extra level of difficulty [e.g. do it with eyes closed].



Change it

- > Choose an activity that is appropriate for all members of the group.
- > You can substitute less demanding activities.



LEARNING INTENTION

Splitting pairs is a fun group management tool that allows the teacher to move from one formation to another while students work on their stability, balance and coordination and build relationships.

PHYSICAL LITERACY ELEMENTS

COORDINATION

STABILITY/BALANCE

RELATIONSHIPS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO48
ACPMPO67