**3 hands, 2 feet**

Pairs hold hands and run randomly around the room then, on your call, perform a specified balance.

**What you need**
- 1 scatter mat per pair or a soft grassed area

**What to do**
- On 'GO!', pairs move freely around the room holding hands until they hear your signal.
- Call out combinations including any of the following: feet, bottom, shoulders, knees, hands, backs, elbows.
- Players find a mat and assume the position called (e.g. if you call out ‘THREE HANDS, TWO FEET!’; pairs form a balance with only these number of body parts touching the ground).
- Players hold their position for a set time (e.g. 10 seconds).
- Players must always be in contact with one another to maintain balance.

**Change It**
- Balance with a partner who is a different size.
- Introduce equipment (such as hoops, balls and bean bags) that must also be used in the balance.

**Safety**
- Make sure players are performing their balance on their mat or soft grass.
- Do not allow players to use their head as a balance option.
- Ensure players securely ‘brace’ one another with appropriate hand grips (e.g. the monkey grip or Roman grip). These must be firm and strong.

**Ask the players**
- Is it easier to balance closer to the ground or further away?
- How many body parts do you need to have in contact with the floor to feel balanced?
- Can players of different sizes counter-balance?
- What is flexibility? Which balances require greater flexibility?
- What made you feel more confident to tackle a specific balance?

**LEARNING INTENTION**
*3 hands, 2 feet* extends players’ ability to hold a basic shape and introduces making and holding shapes in groups, which is needed for many balancing activities. It can be followed by an activity such as *Mini pyramids* which further develop this skill.