Name:___________________________Partner:________________________

Pal Patterns #2

1. Power walk with a partner 2X around the outside of the gym.
2. Skip across the X in the middle of the gym from one side to the other side.
3. Play follow the leader. Take turns being leader.
4. Place a rope around your partner’s waist (Horse and Buggy Style) and travel carefully around the gym staying close together. Switch.
5. Jog backwards and forward apart and together. Watch out for other people!
6. Jump rope as many times as you can without stopping. Take 3 turns. How many did you get?
7. Jump up and high five your partner. Jog apart and high five again. Five times!
8. Twist dance facing your partner.
9. Make up a new dance with your partner to the music that is playing.
10. Play catch with a yarn-ball with your partner. How many catches can you make in a row?
11. Play tail tag with your partner (Use Scarves) in a personal space. Pull their tail and give it back to them. Start over.
12. Have a push-up contest with your partner. Regular or modified push-ups.

Even   Odd   Top   Middle   Bottom