Pal Patterns #3

1. Dribble to one side of the gym and back.

2. Play Toe Tag with your partner. Three touches wins.
   Play again.

3. Shoot two baskets.

4. Have a Hula-Hoop contest with your partner.

5. Hop on one foot as long as you can.

6. Get a jump rope and see how many tricks you can perform. Teach your partner.

7. Sit Up contest. Add up your two scores.

8. Push-Up position on the floor facing your partner.
   Now roll the ball back and forth while saying the alphabet. What letter did you make it to?


10. Get a basketball or dino-skin ball and play “Keep-Away” with your partner. Soccer or basketball “Keep-Away” Switch if your partner tags the ball or if you lose control or give up your dribble.

11. Do mirror exercises with your partner. Take turns being the leader.

12. Get one rope and do partner jumps together.
   Hold the rope in your hands. How many turns can you make before you miss?

Even   Odd   Top   Middle   Bottom