PARTNER ACTIVITIES

1. **Hand Shake Facts** - Tell one fact, one fib ... which is true? Change partners.
2. **Double Thumb Wrestling** - Two games of thumb wrestling at the same time (one person with arms crossed)
3. **Clay** - Partner #1 (sculptor) molds partner #2 (clay) into a statue.
4. **Knock off** - Partners facing, arms length apart ... slapping hands **only**, make your partner move a foot (do not touch anything but hands).
5. **10 Part Hand Shake** - Make up a hand shake with partner - 10 parts that you can repeat.
6. **Make a Face** - Agree on 3 faces, turn back to back, make a face then turn and show your partner (did you match?)
7. **Toe Fencing** - Hands on partners shoulders - tap partners foot with yours.
8. **Mirror** - Partners facing ... one partner mirrors the others slow movements.
9. **Quick Draw** - Partners facing - partner # 1 either puts hands up or points fingers @ partner. Partner #2 must quickly do the opposite.
10. **Math Shoot Out** - Each partner shoots out one hand (or 2) with any number of fingers. Add them up and shout the answer first ... (can you multiply?).
11. **Gotcha** - Partners facing - right palm out, left pointer finger in partner's palm. On 3, pull the left finger out while trying to grab the pointer finger in your palm.
12. **Psychic Hand Shake** - Each partner picks a number (1 through 3) and shakes that many times. If the same - great, if not - try again then on to a new partner.
13. **Partner Tag** - Rock, Paper, Scissors ... loser is it ... 3 jumping jacks then chase and tag partner. ... who does 3 jumping jacks and re-chases their partner.
14. **Antonym Pantomime** - Partner #1 moves slowly; Partner #2 tries to do the opposite movement. (What is the opposite movement?)
15. **Add a Trick** - I do a movement, then you do it, and add a movement. Keep adding until someone repeats or forgets. How many can you do (or remember)?
16. **One Behind** - I begin an exercise, then switch. You then begin with the first exercise and continue following one behind me.
17. **Walk Like Me** - (From the Dept. of Silly Walks) - partner walks behind and mirrors every walking move (exactly) of partner in front.
18. **Simon Says** - Simply play partner Simon Says - every mistake = 1 push-up
19. **Follow Me Close** - In close quarters (limited space), follow your partner as closely as possible - watch out for them stopping
20. **Below the Knee Tag** - Shake hands, back up and try to tag your partner below the knee.
21. **Half of the Feet** - How many times can partners make it across the gym using only half of their feet (2 feet total)- ex. wheel barrow, both hopping etc.
22. **Partner Shoe Tie** - Untie shoes, sit side by side and use only one hand each to re-tie shoes.
23. **Fast List** - Teacher calls out a category (ex. things that are red) then partners go back and forth without a repeat, mistake, or long pause, listing things in that category. The loser does exercises that partners agreed on before beginning.
24. **Last Detail** - Study your partner, then turn back to back and switch 3 things. Turn around and tell your partner what they changed (ex. untie shoe, undo a button, etc.)
25. **Push-up Tag** - In push-up position, try to tag partners hand (while it is on the floor)

   **Variation** - tag partners foot

26. **Catch up Run** - I run around the gym while you walk. When I catch you, you run and I walk.

27. **Get up Stand up** - Sitting toe to toe, feet flat on the floor, holding hands, pull each other to an "air seat", then to standing, then back down to an air seat, then to the floor.

28. **Do This** - Partner 1 puts 2 fingers in their opposite palm, and moves them while partner 2 mirrors the movements with their feet.

29. **Clap Out** - Clap, or fake it, trying to trick your partner into doing the opposite.

30. **Back Draw** - Write a word with your finger on your partners back (or try it in their palm- eyes closed).

31. **Secret Sign** - Do a goofy movement and the partner responds with their own movement, creating your personal secret sign (add sound!).

32. **Dive Balance Challenge** - Face partner, both up on toes, then lean forward as though diving into a pool. Who can hold it longest? Try it on one foot ... ouch!

33. **Air Seat Balance Challenge** - Stand on your right foot, with leg bent, and left foot across the right knee as though sitting in the air. Who holds on longest? (try eyes closed)

34. **Partner Isometrics** - My palms face up, yours on top face down ... slowly add pressure against each other. Many variations ... have students make up their own.

35. **Push-up Clock** - Partners in push-up position act like the hands on a clock and create the time called out by the teacher. The teacher is the 12, and moves around the gym as they call out a new time.

36. **Add One** - I do 1 push-up, you do 2, I do 3, you do 4 ... yadah, yadah, yadah.

37. **1 v 1 Duck Duck Goose** - Partners touch each others shoulders back and forth, saying Duck, Duck, Duck ... Goose. The "Gooser" speed walks away while the other partner spins around twice and chases. Begin again after a tag is made.

38. **Hot Potato Tag** - While music is on, partners have a catch. When the music stops, the partner with the ball dribbles away, while the other partner does 2 exercises then chases.

39. **Egg Drop** - Partners throw an object back and forth, taking a step back after each catch, or a step in if the object is dropped. How far apart can they get?

40. **Crab Balance Push** - In crab position shoulder to shoulder ... push or move away to make your partner lose their balance.

41. **I Can't See** - Partner 1 follows partner 2 with hands on her shoulders. Try walking around with partner 2’ s eyes closed, then switch vision to partner 2 and continue.

42. **Non Sighted Car and Driver** - Partner 1 verbally guides partner 2 (w/ eyes closed and bumpers up) around in the confined area (Can you do it non-verbally ... touch only)

43. **Kodak Moment** - Sighted partner leads non-sighted partner around and takes pictures by tapping the top of the cameras head. A quick open and close of the eyes takes the picture. Take 5 pictures and see if the camera remembers them in order.

44. **1 v 1 Kickball** - Partner 1 rolls the ball and partner 2 kicks it forward. While partner 1 fields the ball and either runs it, or dribbles it back to home plate, partner 2 does push-ups to score runs. When the ball gets back, stop and switch. 1 push up = 1 run scored.

45. **Rock Paper Scissors Fitness Walk** - Partners play one game of R/P/S ... the loser begins fitness walking around the outside of the game while the winner plays again. Play continues until the class champion is crowned.
46. **Letters and Numbers**  - The teacher calls out a letter, number, shape, etc. and the partners work together to form it with their bodies.

47. **Oblique Slaps**  - Partners stand, or sit, back to back and quickly reach across their own body to slap partners hand (twisting back and forth like that will work the oblique muscles).

48. **Partner Dance**  - Partners make up a dance to go with the music provided (vary the music ... Square Dance, Disco, Hip Hop, etc.).

49. **Body Twister**  - The teacher calls out body parts to touch ... ex. hand to hand, or hip to hip ... and students touch quickly. Then do the same leaving the parts together as the teacher calls them out, creating a twisted mess.

50. **Double Arm Wrestling**  - Can partners figure out how to arm wrestle with both hands at the same time?

51. **In Sync Run**  - Partners must run side by side in complete synchronization (stride, speed, arm swing, etc.).

52. **What's My Line**  - Each set of partners will send one to meet with the teacher, who will give them a profession. That partner runs back and silently acts it out. When their partner gets it (yells the answer), they quickly do 10 exercises together then sit down (and get to watch the other groups ... what fun). Instead of a profession, try animals, movies, song titles, holidays, etc.

53. **Exercise High 5's**  - Partners get into sit-up position, with feet/ankles hooked together. Do 1 sit-up and high 5 right, next sit-up and high 5 right then left, then sit-up with a right, left, right, continue until 10 sit-ups are complete. Then switch to push-ups with high five's. What other exercises work like this.

54. **Quad Burner**  - Challenge your partner to a wall seat contest. Who can last the longest? Then try it as a cooperative exercise, back to back, with your partner (safety ... do not lock arms). Thighs must be parallel to the ground.

55. **Ah Um Game**  - Partner 1 reports to the teacher who will give them a topic to take back to partner 2. On go, partner 1 gives the topic to partner 2, who must immediately begin speaking on that subject without a pause, an ah or um, or a repeat. If the partner catches them with a mistake, they take off and run one lap around the gym. If you talk for 30 seconds with no mistakes ... no run! (simple? .. try it .. it's very hard)

56. **Nose Penny**  - Partner 1 lies down and puts a penny on their nose. Partner 2 watches to see if they can get the penny off by making faces only. No other movement is allowed.

57. **100 Fast**  - Partners will do 100 jumping jacks/jills, 10 at a time, back and forth, fast, until they total 100 together. Try jump ropes, or ski jumps, or jump and twists, etc.

58. **Partner Bowling**  - Pick a challenging distance and simply try rolling the ball through your partners legs. Perfect form is a must! As you get better, move farther apart.

59. **Thighs/Hands**  - Partners face off, then slap their own thighs then their partners hands as fast as possible. Mistake made, start again slowly, and then speed up to warp speed. Try other patterns ... head and hands, or shoulders, clap, and hands, etc.

60. **Fancy Pass**  - Partners throw an object back and forth using fancy passes only (play Sweet Georgia Brown to create the right mood).

61. **Sword Fight**  - Partners stand side by side with outsides of right feet touching. Right hands are in thumb handshake position with the pointer finger extended. Try to touch your partner with the extended finger (your sword).
62. **Snoopy vs. The Red Barron** - Partners facing each other. Partner 1 will face their right palm towards partner 2 and move it (quickly), while partner 2 tries to touch it with their right hand. Try it with the left hand, and then try it with both hands at the same time.

63. **Tic Tac Toe Run** - Partners place a paper and pencil on the floor, 10 yards or more from their start line. Running relay style to the paper ... play tic tac toe ... the loser always starts the next game.

64. **Where's the Penny** - Partner 2 tries to guess which hand partner 1 has the penny in. If he/she is right...3 push-ups, if the hand is empty ... 2 push-ups (5 times and then switch).

65. **Right/Left/Front/Back** - a. Partner 1 gives one of the four commands (right, left, front, or back). Partner 2 must repeat the command and take one step in that direction. Now the fun begins ... continue after both have had a chance giving commands, but change the pattern for each new turn ...
   b. Partner 2 repeats the command but does the opposite (says left, but steps right)
   c. Partner 2 repeats the opposite command but steps the direction that was given.
   d. Partner 2 repeats the opposite command and steps that way.

66. **Me, You, You, Me** - Shake hands with your partner and say your name...Chip.
Partner says their name ... Nancy. First partner then says the other persons name...Chip says Nancy, and it concludes with Nancy saying Chip. On to a new partner!

67. **Partner Over/Under** - Partners hold hands and move around the area passing under another set of partner's arms. Then they must allow another set to pass under their arms, continuing over, under, over, under, etc. Variation- Have partners hold a pool noodle, or a scarf, or a towel, or a jump rope, etc. and move at a quicker pace.

68. **Binoculars/Cyclops Tag** - Play partner tag with the following twists;
   a. The fleer must put their hands up like binoculars while moving, or b. The chaser "wears" the binoculars, or c. Both put on the binoculars. Then change it to Cyclops tag ...
   cover or close one eye, and look through your hand (monocular) with the other eye.

69. **Props** - Throw out all kinds of equipment and allow partners to take one and make up different uses for it until they run out of ideas ... then get a new prop.

70. **One Legged Chicken Wrasslin'** - Partners hold one leg in the air with their hand, and put their other hand palm to palm against their partner's (no holding/grabbing with that hand). Who can make their partner lose their balance?

71. **Sousa March** - Play follow the leader doing a march to some good Sousa music ... about face and the other partner leads.

72. **Zoo Walk** - Follow the leader doing animal walks only. Switch and change the animal (challenge them to have no repeats).

73. **Flag Tag** - Partners face each other wearing Evasion Pinnies from Flaghouse. Try to take a flag from your partner's back (many other variations online @ Flaghouse.com)

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