

# **Back to Back**

## **Aim / Focus**

- Simple Pulse Raiser

## **How to play**

- A simple pulse raiser for children
- Give the kids an activity to do.
- On the coaches whistle the kids must go back to back.
- Activities that may be suitable include; – touch the ground, jump up, change direction, hit the ground, run backwards, bounce the ball.

## **Equipment:**

- Cones
- Stopwatch & Whistle