

## The Splits



### At A Glance

Physically-challenging stretching game for partners.

### Benefits

- Quick
- Challenging
- Develops balance & agility
- Partner game
- No props

**Time** 1 - 2 min

**People** Mini 1 – 7

### Step-by-Step Instructions

1. Form pairs.
2. As if standing on a line, each person stands facing their partner, placing their right foot on the line directly touching the toe of their partner.
3. Each person then places their left foot directly behind their right foot (on the line.)
4. Each pair engages in a quick game of Rock-Paper-Scissors.
5. The 'winner' moves their front foot to sit directly behind their other foot (on the line.)
6. The 'loser' slides their front foot until it touches the toe of their partner's front foot.
7. Play continues with a series of Rock-Paper-Scissors games.
8. With each round, only the front foot of each person moves.
9. At any time, if someone touches the ground to prevent a fall, their partner shall be declared the winner.

10. Play two or more rounds, and/or swap partners.

### Popular Variations

- **No Forward Motion:** The only feet to ever move are those of the winner, ie the winner continues to move their front foot behind their other foot. Now, the gap between the front feet of the two opponents will get wider with each round, providing an equally-difficult balancing challenge for each person to manage.
- Take a look at Ro Sham Bo, Rock-Paper-Scissors: Five Lives and Around The World for more ways to use the classic Rock-Paper-Scissors partner-duel exercise.