

# Human Quoits

Play in teams. One person stands tall with hands together above their head. The other team members stand behind the starting line and take turns to throw inflatable pool rings over the person's body.

The first team to land three rings wins. Team members swap places and play again so that everyone gets a turn at being the pole for the quoits.



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# We Stick Together

Play this relay race in pairs. Partners trap a beach ball or a basketball between them by standing back to back. With interlocked arms, travel together around a marker and back. Return to the start if the ball is dropped. First team to get all members of their team through the race first wins. Variations: partners hold the ball between elbows, heads, shoulders.



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