Splitting pairs

If a class is already divided into pairs, this activity allows the coach to form 2 new groups. If the 2 new groups are too big, they can be split using this fun activity. (Play with 8 or more.)

**What to do**

**SETTING UP**
- Players are already in pairs from a previous activity.

**PLAYING**
- Call an action such as ‘reach under your knee and join hands while standing on one leg’.
- The first person to perform the call from each pair form group 1 and the other half form group 2.
- **Four groups** – repeat the previous step.

**If there is a dispute about who was first, ask for a repeat and add an extra level of difficulty, e.g. do it with eyes closed.**

**Change it**
- Choose an activity that is appropriate for all members of the group.
- You can substitute less demanding activities.

**Learning Intention**

*Splitting pairs* is a fun group management tool that allows the teacher to move from one formation to another whilst students practice non-locomotor movements.