**Limbo**

**Objectives:**

* To work together as a team
* To get exercise
* To have fun

**The Game:**

The students will line up around the gym perimeter and listen to the rules.

Then the student will walk around the perimeter of the gym, limbowing one at a time.

If they make it good they continue around the perimeter.

If they miss, they sit behind their team cone in the middle of the gym.

Play until about 10 minutes are left, before lunch, in order to:

* Award winning team points (balls)
* Do team cheers (balls)
* Sing the meal song

**The Rules:**

Proper technique:

* Head back
* Eyes look up
* Chin up
* Arch backwards

You can not:

* Touch the bar
* Bend body or head side-ways
* Squat
* Touch the floor with knee or hand
* Fall down