

ANKLE FUSIONS

Number of players: **5+**
Age of players: **7+**
Duration: **up to 15 minutes**

Materials Needed:

Paper tape or approximately 40-centimeter pieces of string (enough pieces for each participant)

Space:

School corridor, open space, or any area with no obstacles.

Gameplay:

Divide the class into two groups, standing on opposite sides of the room or corridor. The players in each row should tie their ankles together with paper tape or pieces of string. In the middle of the space, mark a finish line using tape or chalk.

The objective for each team is to reach the finish line as quickly as possible without breaking the connections between their tied ankles. If someone's ankle connection is broken, the team must return to the starting point and begin the race again.