



# Outdoor and Indoor Physical Activity Games

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## Chase Games:

1. Stuck in the Mud/ Flush the Toilet
2. Everyone's It
3. Jumping Jack Jail
4. Team Tag
5. Capture the Flag
6. Turtle Tag
7. Good Guy, Bad Guy
8. Bib Tag
9. Switch
10. Fish and Net Chase

## **1. Stuck in the Mud:**

Five children are on while the rest run around.  
When tagged, children put their arms out and spread their legs.  
To be freed, another child must go through the person's legs.

## **2. Everyone's It**

Every child is a tagger.  
When you're tagged, you do 3 jumping jacks and then you are free to be a tagger again.  
If two people tag each other at the same time, they both do 3 jumping jacks.

## **3. Jumping Jack Jail**

Two children are on while the rest run around.  
When tagged, children must go to jail which is a square marked out with cones and do 5 jumping jacks before being released.

## **4. Team Tag**

Pick two teams. One team are the taggers and one the runners.  
When tagged, you must go to jail and do star jumps until you are freed.  
After a set time e.g. 5mins count how many people are in jail. Switch the taggers and runners and repeat.

## **5. Capture the Flag**

Pick two teams. Split the yard into two territories, one team in each with a jail in one corner and an area with a ball in the other.  
If you leave your territory you can be tagged by the other team and must go to their jail.  
The aim of the game is to capture the ball from the zoned off area and bring it back to your territory to score a point.  
You cannot guard the zoned area or you will be put in jail.  
To be freed, your teammates must free you.

## **6. Turtle Tag**

Similar to 'Stuck in the Mud'. When you are tagged, you lie on your back on the ground with your legs and hands in the air. To be freed, a child must roll you back onto your front by pushing your knees from the side.

## 7. Good Guy, Bad Guy

Three good guys are picked to go and face the wall.

When all the children are in the circle, the coach taps three bad guys on the head.

Children run around in the marked area.

When someone is tagged, they must go down on one knee and put their hand in the air.

To be freed, another child must sit on their knee and push their arm down.

When the bad guys are caught, they go down on one knee and raise their hand but can get up straight away.

The good guys must find out who the bad guys are.

When they do, they lose their magical powers.

## 8. Bib Tag

Half the class has a bib or sock that they must attach like a tail.

The people without the tails begin as catchers.

They must try rob a tail.

When they do, they attach it like a tail and become a runner. The person whose tail was robbed must try get someone else's tail.

## 9. Switch

Several taggers have a cone.

When they tag a person, the tagged person must take the cone and become a tagger.

They cannot catch the person who caught them.

## 10. Fish and Net Chase

Children run around in an area marked out.

Two groups of two are on – they must hold hands when running.

When another person is caught, a two becomes a 3.

When a group of three catches a person, the group splits into two groups of two and continue.

## **Sprint and Recovery Games:**

1. Treasure Chest (Collect Everything)
2. Baseline
3. Cats and Rats
4. Snatch the Bacon/Foxes and Hens
5. Bulldog
6. Line Races
7. Scatter Cone
8. Dodgeball
9. Shopping Trolley

## **1. Treasure Chest (Collect Everything)**

Children are divided into small teams (2s).

All the equipment is placed in a zoned area at the top of the yard.

Each team has a cone at the starting line which is their den.

On the whistle, the first person must run in and pick an item and bring it back to den and then high five the next person to go.

When all the equipment is gone, count the treasure.

## **2. Baseline**

All children start on baseline.

Lines are marked out with cones 10m apart from one another parallel to baseline.

Call the lines 1,2,3 or Banana, Apple, Grapes or counties etc.

On the teacher's call, the students must sprint to that line.

If you are last to the line, you must do 5 bunny jumps (or you are out and must hop to the lines). Last man standing is the winner.

## **3. Cats and Rats**

Make two lines of children (behind one another) and leave about 3m between them.

Make a line 5-10m either side of the lines of children.

Call one line of children cats and one line rats.

When you call cats the rats must chase the cats to the line closest to them.

When you call rats, the cats must chase the rats to the line closest to them.

## **4. Snatch the Bacon/Foxes and Hens**

Similar to Cats and Rats. Each pair has a cone at the middle point.

Both must touch the cone to start with or do a particular exercise e.g. jumping jacks.

On the teacher's whistle, each person must run to their respective line and back to the middle to grab the cone. Keep team scores.

## **5. Bulldog**

Children line up along the end line (against the wall).

Two children are on and stand in the middle of the marked space .

Children must run and try to make it to the otherside, past the taggers without getting tagged.

If they get tagged, they are on aswell.

## 6. Line Races

Make four different lines of cones e.g. blue line, red line, yellow line etc. about 10 m apart. Children line up in pairs.

The teacher calls a colour.

The first child must run out to that colour line and back and give their partner a high five.

Then their partner can go.

Variation: Call more than one colour or go more than once etc.

## 7. Scatter Cone

Cones are scattered in a large space.

Children stand on a line and are given actions to perform e.g. hop on one leg, jumping jacks, jump as high as you can, lie on the ground, act like different animals, pretend your Harry Potter etc.

On coach's whistle, children must run to a cone.

When the coach says so, they run back to the line and another action is called.

Each time a cone is removed so that another child will not get a cone.

If you don't get a cone, you're out. You still do the actions but while the runners run, you do 10 jumping jacks.

## 8. Dodgeball

Similar to Bulldog except the catcher stand at the side and have soft balls.

On the teacher's whistle, the runners try to get to the other wall without being hit with a ball thrown from the catchers.

If tagged with a ball, they are out and become a catcher or do a particular exercise (5 bunny jumps).

## 9. Shopping Trolley

Children are divided into small teams (2s).

All the equipment is placed in a zoned area in the middle of a larger circle. All the equipment is given different values e.g. ball - 5 points, cone – 3 points.

Each team has a cone on the outside of the circle which is their den.

On the whistle, the first person must run in and pick an item and bring it back to den and then high five the next person to go.

When all the equipment is gone, you may steal one item from another group.

## Indoor Games:

1. Before I Go To School
2. Sos Spraoi
3. Numbers to the Floor
4. Buzz
5. 20 Questions/Fiche Ceist
6. Maths Master
7. Simon Says/Deir Ó Grádaigh
8. Musical Statues
9. True or False/Fíor nó Breagach
10. Heart Smart
11. Alphabet Olympics

### 1. Before I Go To School...

The teacher starts the game by saying 'Before I go to school, I do jumping jacks'. Then everyone together must do 10 jumping jacks. The first student must then go. They repeat what the teacher said and must add on an exercise e.g. 'Before I go to school, I do jumping jacks and squats.

Everyone together must then do 10 jumping jacks and 10 squats.

Then it is the next person goes. The games continues for whatever time is available.

Variation: Teach them relevant vocabulary in Irish and play it in Irish.

## 2. Sos Spraoi

- Start jogging on the spot
- On the teacher's call, change the activity to:
  - 10 jumping jacks
  - High knees for 10 seconds
  - 10 bunny jumps (touch the floor and jump as high as you can)
  - Sprint like a cheetah for 10 seconds
  - Hop on 1 leg
  - Hop on the other leg
- After each activity return to jogging on the spot

## 3. Numbers to the floor

- Jogging on the spot
- On teacher's call, do the corresponding action:
  - 1 - High Knees
  - 2 - Sprint
  - 3- Touch the floor
  - 4 – Bunny jumps (touch floor and jump)

### Variations:

1. Split the class into two teams and on '3', see which team is down quicker. Keep score.
2. Change the numbers to different activities
3. Count the numbers in Irish
4. Change numbers to colours (in English or Irish)
5. Change numbers to counties, rivers, mountains etc.

## 4. Buzz

The children do an activity on the spot at their chairs. The teacher picks a relatively low number e.g. 3. The first child starts the counting at 1. The next children must then say the next number and so on...up to 30. However, when the number that must be said is a multiple of 3 (the number the teacher said), they must do 5 bunny jumps (burpees). If a child says a multiple of 3 instead of 'buzz', they must say 'lean ar aghaidh' and do 3 bunny jumps each time it comes around to their go and are no longer allowed count. When they reach 30, the counting returns to 1.

Activities include: Marching, jogging, lunges, skipping, slide, gallop, hop, jump, bunny jumps, high knees, bum-kicks, squat, jumping jacks

## 5. 20 Questions/Fiche Ceist

The children do an activity on the spot at their chairs. The teacher/or a student must think of a famous person. The students must ask the teacher questions in order to discover the person. The questions can only have the answer 'yes' or 'no'. If the answer is 'yes' the children must sprint for 10 seconds. If the answer is 'no', they must do 10 bunny jumps (burpees). The class only get 20 questions (or 1 per student if you like) to guess the person. If they don't get the person, they must do 10 jumping jacks and 10 bunny hops (or adapt for age).

Activities include: Marching, jogging, lunges, skipping, slide, gallop, hop, jump, bunny jumps, high knees, bum-kicks, squat, jumping jacks

### Variations:

- Get a student to come up with a person.
- Put all the children's name in a hat and keep it on your desk. Each day pick a student to come up with the person.
- Play 20 questions as Gaeilge (Fiche Ceist).
- Instead of a person, think of a county, river, mountain, object, band or place in history, country etc.

## 6. Maths Master

The class do an activity e.g. jog on the spot. The teacher picks a number e.g. 5. The teacher calls a number to the first child e.g. 4. The child must multiply/add/subtract that number by the number picked at the start (i.e. 5) If they get it right, everyone else does 5 bunny jumps (burpees). If they don't they must do them. If you get it wrong or are too slow, you are out. However, you still do all the actions except when it is your go, you must say 'Lean ar aghaidh' or 'Skip' and do a bunny jump. The last person is the winner.

### Variations:

Play the same game but asking spellings that they have just learned in English or Irish.

## 7. Simon Says/ Deir Ó Grádaigh

The teacher says 'Simon says....' followed by an activity. The children must do that activity. If the teacher says 'Run', without saying 'Simon says' before it, the children that did the activity must do 5 bunny jumps (or some other high intensity action) before continuing.

Here are some examples of exercises:

- High Knees
- Jumping Jacks
- Skip
- Lunges
- Sprint
- Jump
- Hop
- Touch the floor
- Pretend you're an animal/object/sportsstar/magical being

Variations:

1. Play it in Irish (Cuir do lámha san aer, glúin suas, leim san aer, leim le cos amhain, rith, lig ar...)
2. Let the best child in class be Simon.

## 8. Musical Statues

Tell the children to do an activity either on the spot or moving around the classroom to the music. When the teacher stops the music, everyone must freeze. Anyone that moves must do 5 bunny jumps (or other action) before continuing.

Activities include: Marching, jogging, lunges, skipping, slide, gallop, hop, jump, bunny jumps, high knees, bum-kicks, squat, jumping jacks

## 9. True or False (Fíor nó Breagach)

The class carry out an activity. You call out a statement relating to recent learning or facts and if it is true the class must do 10 jumping jacks. If it is false, they must do 10 bunny jumps.

Examples include:

Chocolate is healthy.

Spiders have 5 legs.

Paris is the capital of Spain.

Variations:

Get the children to call out facts.

## 10. Heart Smart

Teach the class different things about the heart (if you want)

Where? Left side of your chest

What size is it? Size of your fist

Function? Deliver blood to the body

What strengthens the heart?

What weakens the heart?

Get the class to jog on the spot. Call out the name of a habit that either strengthens or weakens the heart.

If it strengthens the heart -> Jumping Jacks

If it weakens the heart -> Squat jumps

Examples of habits:

- Riding a bike
- Watching TV all the time
- Walk dog
- Smoking
- Dancing with friends
- Skating
- Never eating fruit/veg
- Shooting basketball
- Playing PlayStation
- Eating fast food
- Raking leaves
- Taking the elevator
- Swimming

Variations:

1. Get a child to call out a habit
2. Call out a food that is good/bad for your heart after teaching them what is good/bad.

## 11. Alphabet Olympics

Everyone starts jogging on the spot. The teacher starts the alphabet. The students must think of an exercise beginning with 'A'. e.g. arm swings. The whole class must then perform 10 (or 10 seconds) of the action. Go through the whole alphabet.

Variation:

Students must think of an exercise starting with the first letter of their first name (or surname) etc.

## Dances:

1. Cee Lo Green – Forget You
2. Stuart Little – You Can't Rock Me
3. Taylor Swift – Shake It Off
4. Kenny Loggin - Footloose

## 1. Cee Lo Green - Forget You

**Introduction:** Marching on the spot, side step with clicking

**Chorus:** Double side step (driving a car with arms)

Double side step (hands to your heart)

Double side step (criss cross hands)

Double side step (pull change out of your pocket)

Double side step (criss cross hands)

Double side step (pull change out of your pocket)

Double side step (sssshhh – finger to lips)

Double side step (hands to your chest)

Double side step (criss cross hands)

I see you driving 'round town  
With the girl I love and I'm like,  
Forget you!  
Oo, oo, oo  
I guess the change in my pocket  
Wasn't enough I'm like,  
Forget you!  
And forget her too!  
Said, if I was richer, I'd still be with ya  
Ha, now ain't that some shit? (ain't that some shit?)  
And although there's pain in my chest  
I still wish you the best with a...  
Forget you!  
Oo, oo, oo

**Verse:** Leg Curls on the spot with bicep curls

Yeah I'm sorry, I can't afford a Ferrari,  
But that don't mean I can't get you there.  
I guess he's an Xbox and I'm more Atari,  
About the way you play your game ain't fair.

**Toe touch in front and drag back**

I pity the fool that falls in love with you  
(Oh shit she's a gold digger)  
Well  
(Just thought you should know nigga)  
Ooooooh  
I've got some news for you  
Yeah go run and tell your little boyfriend

**Chorus**

**Verse:** Leg Curls on the spot with bicep curls

Now I know, that I had to borrow,  
Beg and steal and lie and cheat.  
Trying to keep ya, trying to please ya.  
'Cause being in love with your a\*\* ain't cheap.

**Toe touch in front and drag back**

I pity the fool that falls in love with you  
(Oh shit she's a gold digger)  
Well (Just thought you should know nigga)  
Ooooooh  
I've got some news for you  
Ooh, I really hate your ass right now

**Chorus**

**Ending: Free section**

Now baby, baby, baby  
Why d'you wanna wanna hurt me so bad?  
(So bad, so bad, so bad)  
I tried to tell my momma but she told me  
"This is one for your dad"  
(Your dad, your dad, your dad)  
Yes she did

**Heel flicks around in a circle**

And I was like  
Uh! Whhhhy? Uh! Whhhhy? Uh!  
Whhhhy lady? Oh! I love you oh!  
I still love you. Oooh!

## 2. You Can't Rock Me

**Introduction:** Right arm up, left arm up, right arm out to the right, left arm out to the right, spin around with arms out

**Chorus:** Jump forward and hop on the spot, jump back and hop on the spot (x8)

Well, if you can't rock me  
I'll find somebody who can  
And if you can't rock me  
Don't be tellin' me that I'm your man

**Verse:** Right knee to left elbow (x2), Left knee to right elbow (x2)

**Right knee to left elbow (x2), Left knee to right elbow (x2)**

I'm gonna turn that skillet up to high  
Don't you tell me that chick's too young to fry

**Down to the ground and jump up (x2)**

If you can't rock me  
I'll find somebody who can  
I'll find somebody who can

**Bridge:** Right arm up, left arm up, right arm out to the right, left arm out to the right, spin around with arms out

**Chorus:** Jump forward and hop on the spot, jump back and hop on the spot (x8)

Well, if you can't rock me  
Don't be knockin' on my door  
Well, if you can't rock me  
Don't you come around here no more

**Verse:** Right knee to left elbow (x2), Left knee to right elbow (x2)

**Right knee to left elbow (x2), Left knee to right elbow (x2)**

I'm gonna turn that juke joint upside down  
Dance six inches off the ground

**Down to the ground and jump up (x2)**

If you can't rock me  
Well, I'll find somebody who can

**Change in music:** Double side step

Dontcha be whisperin' in my ear  
Tellin' me things that I wanna hear  
Dontcha be tellin' me that I'm your guy  
Then if you go and leave me high and dry

**Chorus:** Jump forward and hop on the spot, jump back and hop on the spot (x8)

If you can't rock me  
I'm gonna rock this town myself  
Well, if you can't rock me  
I'm gonna tear it up with somebody else

**Verse: Right knee to left elbow (x2), Left knee to right elbow (x2)**

**Right knee to left elbow (x2), Left knee to right elbow (x2)**

I may have to search all across the land  
Just to find me a gig in a rock n' roll band

**Down to the ground and jump up (x2)**

If you can't rock me  
Well, I'll find somebody who can  
Well, I'll find somebody who can

**Change in music: Double side step**

Dontcha be whisperin' in my ear  
Tellin' me things that I wanna hear  
Dontcha be tellin' me that I'm your guy  
Then if you go and leave me high and dry

**Chorus: Jump forward and hop on the spot, jump back and hop on the spot (x8)**

If you can't rock me  
I'm gonna rock this town myself  
Well, if you can't rock me  
I'm gonna tear it up with somebody else

**Verse: Right knee to left elbow (x2), Left knee to right elbow (x2)**

**Right knee to left elbow (x2), Left knee to right elbow (x2)**

I may have to search all across the land  
Just to find me a gig in a rock 'n' roll band

**Down to the ground and jump up (x3)**

If you can't rock me  
Well, I'll find somebody who can, yeah  
I'll find somebody who can  
I'll find somebody who can

**Instrumental: Free Style/ Air Guitar**

### 3. Shake It Off – Taylor Swift

#### **Introduction: Jogging**

#### **Verse: 4 Jumping Jacks, 6 Knee to elbows**

I stay out too late  
Got nothing in my brain  
That's what people say, mmm-mmm  
That's what people say, mmm-mmm  
I go on too many dates [chuckle]  
But I can't make them stay  
At least that's what people say, mmm-mmm  
That's what people say, mmm-mmm

#### **Double side step with hops and clap**

But I keep cruising  
Can't stop, won't stop moving  
It's like I got this music  
In my mind  
Saying, "It's gonna be alright."

#### **Chorus: 8 Leg Curls with bending elbows up and down**

#### **Jump forwards twice moving arms up, Jump backwards twice moving arms down**

'Cause the players gonna play, play, play, play, play  
And the haters gonna hate, hate, hate, hate, hate  
Baby, I'm just gonna shake, shake, shake, shake, shake  
I shake it off, I shake it off  
Heart-breakers gonna break, break, break, break, break  
And the fakers gonna fake, fake, fake, fake, fake  
Baby, I'm just gonna shake, shake, shake, shake, shake  
I shake it off, I shake it off

#### **Verse: 4 Jumping Jacks, 6 Knee to elbows**

I never miss a beat  
I'm lightning on my feet  
And that's what they don't see, mmm-mmm  
That's what they don't see, mmm-mmm  
I'm dancing on my own (dancing on my own)  
I make the moves up as I go (moves up as I go)  
And that's what they don't know, mmm-mmm  
That's what they don't know, mmm-mmm

#### **Double side step with hops and clap**

But I keep cruising  
Can't stop, won't stop grooving  
It's like I got this music  
In my mind

Saying, "It's gonna be alright."

**Chorus: 8 Leg Curls with bending elbows up and down**

**Jump forwards twice moving arms up, Jump backwards twice moving arms down**

'Cause the players gonna play, play, play, play, play  
And the haters gonna hate, hate, hate, hate, hate  
Baby, I'm just gonna shake, shake, shake, shake, shake  
I shake it off, I shake it off  
Heart-breakers gonna break, break, break, break, break  
And the fakers gonna fake, fake, fake, fake, fake  
Baby, I'm just gonna shake, shake, shake, shake, shake  
I shake it off, I shake it off

**Hop on one leg, shaking hands out**

**Hop on the other leg, shaking hands out**

Shake it off, I shake it off,  
I, I, I shake it off, I shake it off,  
I, I, I shake it off, I shake it off,  
I, I, I shake it off, I shake it off

**Rap: Jogging**

Hey, hey, hey  
Just think while you've been getting down and out about the liars and the dirty, dirty cheats  
of the world,  
You could've been getting down to this sick beat.

**High knees punching arms up and down**

My ex-man brought his new girlfriend  
She's like "Oh, my god!" but I'm just gonna shake.  
And to the fella over there with the hella good hair  
Won't you come on over, baby? We can shake, shake, shake

**Down on the ground, turn and stand up**

Yeah ohhh

**Chorus: 8 Leg Curls with bending elbows up and down**

**Jump forwards twice moving arms up, Jump backwards twice moving arms down**

'Cause the players gonna play, play, play, play, play  
And the haters gonna hate, hate, hate, hate, hate (haters gonna hate)  
I'm just gonna shake, shake, shake, shake, shake  
I shake it off, I shake it off  
Heart-breakers gonna break, break, break, break, break (mmmm)  
And the fakers gonna fake, fake, fake, fake, fake (and fake, and fake, and fake)  
Baby, I'm just gonna shake, shake, shake, shake, shake  
I shake it off, I shake it off

**Ending: Hop on one leg, shaking hands out**

**Hop on the other leg, shaking hands out**

Shake it off, I shake it off,

I, I, I shake it off, I shake it off,

I, I, I shake it off, I shake it off

I, I, I shake it off, I shake it off

**Jump around in a circle punching air with one hand**

**Jump around the other way in a circle punching air with one hand**

Shake it off, I shake it off,

I, I, I shake it off, I shake it off,

**Hop on one leg, shaking hands out**

**Hop on the other leg, shaking hands out**

I, I, I shake it off, I shake it off,

I, I, I shake it off, I shake it off

Shake it off, I shake it off,

I, I, I shake it off, I shake it off (you've got to),

**Jump around in a circle punching air with one hand**

**Jump around the other way in a circle punching air with one hand**

I, I, I shake it off, I shake it off,

I, I, I shake it off, I shake it off

## 4. Kenny Loggin - Footloose

### **Introduction: High Knees**

**Verse: Double side step (x 4), high knees with arms up in the air and out to the side (x5), bum kicks around in a circle**

I've been working so hard  
I'm punching my card  
Eight hours for what?  
Oh, tell me what I got  
I've got this feeling  
That time's just holding me down  
I'll hit the ceiling or else I'll tear up this town  
Tonight I gotta cut

**Chorus: Can-can (high knee and kick forward) x 8**

Now I gotta cut loose, footloose  
Kick off the Sunday shoes  
Please, Louise, pull me off of my knees

**Face and hold partners hands: 1 kick forward while the other jumps with legs apart (x4 each)**

**Still holding partners hands, both twist under by swinging arms up and turning around (x2)**

Jack, get Mack, come on before we crack  
Lose your blues, everybody cut footloose

**Verse: Double side step (x 4), high knees with arms up in the air and out to the side (x5), bum kicks around in a circle**

You're playing so cool  
Obeying every rule  
I dig a way down in your heart  
You're burning, yearning for  
Somebody to tell you  
That life ain't passing you by  
I'm trying to tell you  
It will if you don't even try  
You can fly if you'd only cut

**Chorus: Can-can (high knee and kick forward) x 8**

Loose, footloose kick off your Sunday shoes  
Oh please, Marie shake it, shake it for me

**Face and hold partners hands: 1 kick forward while the other jumps with legs apart (x4 each)**

**Still holding partners hands, both twist under by swinging arms up and turning around (x2)**

oh, Milo c'mon, c'mon let's go  
Lose your blues everybody cut footloose

**Change in music: Criss cross feet**

Ohhhhhhhhhh  
Cut footloose ohhhhhhhhhh  
Cut footloose ohhhhhhhhhh  
Cut footloose ohhhhhhhhhh

**Face partner, link arms and hop around in a circle (x4)**

You got to turn me around  
And put your feet on the ground  
Now take a hold of your soul

**Go down low to the ground, pause and then jump**

ah.. ah..ah..ahhhhhhhh, I'm turning it loose!

**Chorus: Can-can (high knee and kick forward) x 8**

Footloose, kick off your Sunday shoes  
Please, Louise pull me offa my knees

**Face and hold partners hands: 1 kick forward while the other jumps with legs apart (x4 each)**

**Still holding partners hands, both twist under by swinging arms up and turning around (x2)**

Jack, get back c'mon before we crack  
Lose your blues now everybody cut footloose

**Chorus: Can-can (high knee and kick forward) x 8**

Loose, footloose kick off your Sunday shoes  
Please, Louise pull me offa my knees

**Face and hold partners hands: 1 kick forward while the other jumps with legs apart (x4 each)**

**Still holding partners hands, both twist under by swinging arms up and turning around (x2)**

Jack, get back c'mon before we crack  
Lose your blues

**Ending: Walk forward with roly polly arms, walk back with roly polly arms**

Everybody cut everybody cut, Everybody cut everybody cut, Everybody cut everybody cut

**Go down to the ground, pause and jump**

Everybody everybody cut footloose

**Go back to back with folded arms with your partner**

Cut footloose