

NAME of activity	The grasshopper
duration	15-30 mn
audience	From 8 years old 8-30 persons
Pedagogical goal	Physical warming up, movement, speed, attention
Description	2 by 2 : one of the players must come and kick one of the hand of his partner as fast as possible. The second player must create changing situations, fast, presenting one hand in many positions, levels, orientations. Possibility to kick the partner's hand with foot, chest, nose, ass... « Give me 5 » : 2 lines, one in front of the other. The 1 st line goes down to the ground, palms turned to the sky. The players of the other line stand up. The groundy players go back, so the standing players follow them, kicking their palms with their feet.
Material	none
Space	No obstacles
Comments	Physical warm up
Restitution	Preparatory work