

NAME of activity	« The strongest »
duration	15 mn
audience	From 8 years old 8 – 30 persons
Pedagogical goal	Balance – physical contact – body awareness
Description	2 by 2, one in front of the other, by bias, we hold our right hands and touch our left feet. Each one must stay fixed and balanced the longest as he pushed his partner with his right hand and tries to destabilise him. Variant : side by side, looking on the same direction
Material	None
Space	According to the group, better outside, with a soft ground, or on mats
Comments	We try here to use our partner's strength or attention (distraction) to make him fall
Restitution	Preparation to collective acrobatics, or to theatre work