



SKATE GAMES LIMBO

INSTRUCTIONS

This skating activity is played by using two posts to support a stick or pole that is parallel to the ground. Each participant must pass under the pole without knocking it down or touching it. After all participants have accomplished one round at the start height, lower the pole then start another round. The winner is the last participant able to pass under the pole at its lowest.

Variation: The limbo stick could be set up in different locations throughout the gym. (see examples below.)



