

## Hand Buddies

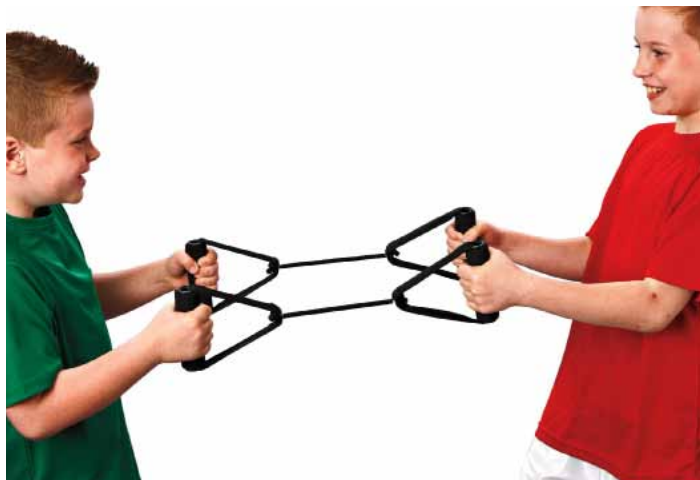
Item # 18237



- **Overview:** The Hand Buddies are a great way to get children linked to play and work together. Instead of holding hands, students link together by way of a Hand Buddy to play, work out, exercise, solve problems and cooperate together. Hand Buddies are a safe way to “connect” using the foam handles and swiveling grips. They come in a set of six Hand Buddies – three black and three gray.
- **What Are the Educational Applications?** Hand Buddies will help students with their movement experiences, fitness and cooperative activities.
- **How Can I Use This Product With My Students?**
  - **Where:** In a safe activity area, indoors or outdoors.
  - **Age:** Can be used with every age group, from pre-schoolers to senior groups.
  - **Group Size:** Two people per Hand Buddy, and you can use one or several Hand Buddies at a time.
  - **Basic Skills Needed:** Holding, pulling, stretching, connecting and rotating.

### The Games/Activities

- **Activity #1: Partner Connections Using One Hand Buddy**
  - a. **Objective:** To perform strength, balance and coordination tasks with a partner.
  - b. **NASPE Standards:** 1, 2, 3, 4, 5, 6
  - c. **How to Play:** Stand facing your partner and using one Hand Buddy, try the following activities:
    - **Partner Warm-ups:** Work together and pull and push the Hand Buddies, trying to get a full range of motion forward and backward with your partner.
    - **Lift it High Together:** Both partners lift the Hand Buddy as high as they can together.
    - **One Foot Balance:** Stand just far enough apart so the Hand Buddy is tight and see how long you can both balance on one foot.
    - **Full Turn Around:** One partner puts the Hand Buddy in their right hand, and the other partner puts it in their left hand. Lift the Hand Buddy up and turn towards the hand not holding the Hand Buddy. Make a complete circle and come back to your starting position. For a variation, try this activity using the other hand.
    - **Standing and Stretching:** Each student holds the Hand Buddy in their right hand, as wide as it allows them to go without pulling their partner off balance. Bring the Hand Buddy to the left hand, switch it to the left hand and stretch it as far out to the left as possible without pulling your partner off balance. See how many times you can do this smoothly and carefully in one minute.
    - **Sit Up- Sit Down:** Sit down facing your partner with your toes touching each other’s toes. Hold the Hand Buddy handle with both hands. As one partner goes back into a down sit-up position, the other partner leans forward to help them down slowly. Partner #1 then starts to come back up to the sitting position as Partner #2 lies down. Alternate sitting up and down with your partner.
    - **Push-up Balance:** With both partners in the up pushup position and holding the Hand Buddy in their right hands, see how far the partners can move the Hand Buddy without both partners losing their pushup balance. Change to left hands. Change one to right and one to left.
    - **Traveling Together:** Connect by one Hand Buddy and travel the area together, moving together, changing directions together, changing levels together and moving safely as a team together.
    - **Mirror, Mirror:** With each partner holding their own Hand Buddy, mirror your partner’s stretching actions with each partner being the leader for one minute time periods. Work up, down, side, around, out and through.



• **Activity #2: Partner Hand Buddy Activities Using Two Hand Buddies**

a. Objective: To perform strength, balance and coordination tasks with a partner using two Hand-Buddies.

b. NASPE Standards: 1, 2, 3, 4, 5, 6

c. How to Play: Stand facing your partner and using two Hand Buddies, try the following activities:

- **Partner Warm-ups**: Work together and pull and push the Hand Buddies, trying to get a full range of motion forward, backward, up, down, around and to the side with your partner.
- **Lift it High Together**: Both partners lift the Hand Buddies as high as they can together. Have them stretch as high as they can, working as a team.
- **One Foot Balance**: Stand just far enough apart so the Hand Buddies are tight and see how long you both can balance on one foot. Try moving the Hand Buddies as you balance. Then try the other foot.
- **Full Turn Around**: Have each partner put the Hand Buddies in their right and left hands. Lift the Hand Buddies up, and have both partners turn towards the same direction. They will make a complete circle and come back to the starting position. Then try turning together in the other direction.
- **Standing and Stretching**: Each student holds the Hand Buddies out as wide as it allows, without pulling their partner off balance. Bring both of the Hand Buddies towards the left hand and stretch it as far out to the left as possible without pulling the partner off balance. Then move them both out to the right side. See how many times you can do this smoothly and carefully in one minute.
- **Sit Up- Sit Down**: Sit down facing your partner with your toes touching each other's toes. Hold the Hand Buddies handles with both hands. As one partner goes back into a down sit-up position, the other partner leans forward to help them down slowly. Partner #1 then starts to come back up to the sitting position as Partner #2 lies down. Alternate sitting up and down with your partner.
- **Push-up Balance**: With both partners in the up pushup position and holding the Hand Buddy in both hands, see how far they can move the Hand Buddies, one at a time, up and around without both partners losing their pushup balance. Change to the other hand.
- **Traveling Together**: Connect by two Hand Buddies and travel the area together, moving together, changing directions together, changing levels together and moving safely as a team together.
- **Mirror, Mirror**: With each partner holding a Hand Buddy in each hand, mirror your partner's stretching actions with each partner being the leader for one minute time periods. Work up, down, side, around, out and through.

• **Activity #3: Link Tag Game**

a. Objective: To perform tag games while attached to a partner using the Hand-Buddy.

b. NASPE Standards: 1, 2, 3, 4, 5, 6

c. Set Up: Four students are selected to be the taggers while other students will move in the space using a locomotor movement. Then the students split into pairs.

d. How to Play: One pair will use one black Hand Buddy, while the other will use one gray Hand Buddy. For each pair, one student will hold the handle of one side with their right hand and their partner holds the other handle with their left. The students must move together holding their end and use their free hand to try and tag other students. If a student gets tagged then s/he switches places with the person who tagged him/her. Every couple of minutes, take a rest break and switch taggers out as needed.

• **Safety Issues & Concerns**

- Students should only hold at handles.
- When pulling, do so slowly and gently. The group may only move as fast as both students can run. Do not drag your partner.
- Never slide the Hand Buddy onto the ankle.
- Remind the students not to pull too hard in opposing directions while they are holding on together.

**Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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