

FINGER FENCING (5 Minutes)

WHY: Upbeat energizer and icebreaker activity.

HOW:

Equipment Needed:

- Music (High energy)
- Whistle

How To Complete:

- Explain that in a minute everyone will need to find a partner
- Once they have found a partner they will need to stand opposite each other and assume the 'finger fencing' position as shown in the demonstration
- Explain that the aim of Finger Fencing is to score more points than your partner
- The way that you score one point is just like in actual fencing. In fencing when someone gets you with their sword it is called a 'touch', in finger fencing when you 'touch' your partner somewhere on their body that will score you one point
- You will play for 30 second rounds with a break between each round. The sound of the whistle will indicate the start and end of a round
- Make it clear that the aim is to score points.