

# DO THE WAVE!

## MATERIAL/EQUIPMENT

- Chair (1 per participant)

## ACTIVITY DESCRIPTION

- Divide the group into two teams. Place the chairs side by side in a circle or square/rectangle.

## READY, SET, GO

1. Have each team do the wave. Participants take turns getting up from their chair to raise their arms in a wave-like motion. Give the example of the waves that sports fans do at hockey, soccer and baseball games.
2. A wave begins when the first person stands up, and ends when the wave goes around and returns to that same person.
3. Teams must complete as many waves as possible within 1 minute.
4. Take a 1-minute rest. Teams can share their results if they wish.
5. Repeat the waves for 1 minute, trying to do more than the first time.
6. Take a 1-minute rest. Teams can share their results if they wish.
7. Repeat the waves one last time for 1 minute.
8. End of activity. Teams can share their results if they wish.

