

# Limbo



Get Set 4 P.E.

**What you need:** a long stick or rope (maybe dressing gown ropes tied together), three people.

## How to play:

- Two people hold either end of the stick at chest height.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.
- Rules: Only your feet can touch the floor.
- Top tip: bend your knees and lean as far back as needed to travel under the stick.

**How low can you limbo?**

