

Press Up Points



How to Play:

- ✓ One person starts in a press up position with 3 objects out in front of them.
- ✓ Number the objects.
- ✓ Another person calls out the numbers at random.

How to do it:

- ✓ Start off in the press up position – if this is too difficult, rest your knees on the floor.
- ✓ When a number is called out, you must touch the corresponding object.
- ✓ Repeat for 30 seconds and see how many times you can touch the objects.
- ✓ Swap roles and see who can touch the most objects in the given time.