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★ ★ ★ ★ ★
Keine Stimmen

# Aktion und Reaktion



Ein schnelles Reaktionsspiel mit Auswertung.

## Explanation of the game

The participants form a line and squat down. The hands are each on the floor or behind the back. Now the one in the back starts a chain reaction by hitting the one in front on the back, the latter passes it on to the one in front, and so on. When the chain reaction reaches the one in front, he shouts "Go!"

The one in the back triggers the chain reaction again, simultaneously running forward and crouching in front of the one in front. As soon as the chain reaction has reached him, he calls out again: "Go!"

This step is repeated until the goal - **to cover a certain distance in a certain time** - has been achieved.

The person at the back of the group calls out again: "Go!

## Procedure - Passages

Training passage

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The group gives a time in which they can complete the distance.

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The group decides whether they can and still want to beat the time achieved. This run can be repeated several times.

## Evaluation

- What was the group's self-assessment? Did they estimate themselves correctly, underestimate or overestimate themselves?
- How was the motivation in the group? Were they able to increase and improve?

## Sources

- **Cover photo:** René Graf

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