

# Knöchel-Schwingen



## Material

- Chalk

## Gameplay

Paint a circle about 2 meters in diameter on the floor with chalk. Players enter the circle, bend over and lift themselves by their ankles. The object of the game is then to throw the opponent out of the circle or get him to let go of his ankles. A player is immediately eliminated if they step out of the circle or if they let go of their ankles.

## Source credits

- **Title image:** Anja Fritz
- **Game Idea:** Courtesy of [www.spielboerse.ch](http://www.spielboerse.ch) - Game Ideas for Jungschar!