

MOTOR CHALLENGING PHYSICAL ACTIVITY



# DIGGING UP POTATOES



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## Objective

In this activity the children build strength in their arms by holding each other (the potatoes) or pulling the potatoes loose (the farmer).

## Equipment

No equipment required.

## Instructions

1. The children are potatoes lying on their stomach with their arms towards the centre holding each other's hands.
2. The farmer tries to loosen the potatoes one-by-one by pulling the potato's leg.
3. When the potato becomes separated from the others, the potato becomes a farmer and helps to loosen more potatoes.

## Variation

- Can you try to hang on to each other with your legs?