



# JUKE 'N JIVE

## *Participants*

Any number of participants.

## *Time Allotment*

5 to 15 Minutes

## *Activity Level*

High

## *Materials*

No materials required

## *Method*

- Line participants up in groups of 5 or 6 per team, facing forward, one behind the other, approximately two arms lengths apart.
- On your “go”, the last person in line zigzags safely between teammates until he/she is at the front of the line.
- Once the student gets to the front of the line, he/she says “go” and the new person at the end of the line zigzags to the front of the line.
- Repeat until the first runner is at the starting point-back of the line.
- First group to finish is the winner.
- Extend the activity by having each youth go through the line twice.