

# Knee boxing



**What you need:** 2 markers and 2 or more players.

## How to play:

- Place the markers 6m away from each other.
- Players begin facing each other, one at each marker.
- One player says 'go', at which point both players move towards each other.
- Players score one point every time they touch their partners' knee.
- When a point is score both players run around their start marker and back to meet their opponent.
- First to 8 tags wins the game.



**Top tip: bend your knees and keep your feet shoulder width apart.**