**Unusual Gym Games**

HANDBALL

History - Handball requires a good deal of teamwork, good cardio and agility

- There are records of handball-like games in medieval France, and among the Inuit in Greenland, and in Middle Ages

- The team handball game of today was formed by the end of the 19th century in northern Europe

Rules - Two teams of seven players each (six outfield players and a goalkeeper on each team)

* After receiving the ball, players can pass, keep possession, or shoot the ball.
* If possessing the ball, players must dribble (similar to a basketball dribble , or can take up to three steps for up to three seconds at a time without dribbling.
* The ball may not be passed back to the goalkeeper when he is positioned in the goal area.
* Notable scoring opportunities can occur when attacking players jump into the goal area. For example, an attacking player may catch a pass while launching inside the goal area, and then shoot or pass before touching the floor

HUMAN KNOT

- The Human Knot requires flexibility, ingenuity and cooperation.

* Have the players form a tight circle and reach both hands into the circle.
* Each person then grabs the hands of two different, random players.
* Without letting go of hands, the group must then try to "untangle" the knot to form a chain of players.
* The round ends when the knot is untangled or when it becomes clear that further untangling is impossible.

TUG OF WAR

- Tug of War is an ancient game that is still played today by all.

- According to the United States Tug of War Association, there are artistic depictions of the game dating back 4,000 years.

- Many people do not know that tug of war was once a part of the Olympic Games. It took place at five Olympic Games between 1900 and 1920.