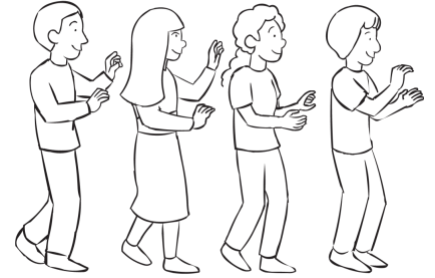


Bobsled Teams

(Best suited for Gr 6/7)



1. Divide your group into teams of four people spaced 2m apart (put flat markers on the ground for each group)
2. Each team stands in one straight line with hands on the shoulders of the person in front of them. (social distance: flat markers, not hands on shoulders)
3. The person at the front of the line is team member #1, the person behind them is team member #2, and so on.
4. Explain that you want each team to respond immediately to a series of three commands:
 - “CHANGE” – team member #1 moves to the back of the bobsled (and becomes #4;)
 - “SWITCH” – team members #2 and #4 (or last person) switch places; and
 - “ROTATE” – every team member rotates their orientation 180 degrees (#4 becomes the new #1.)
5. All moves must be completed as accurately and as fast as possible.
6. Introduce and practice one command at a time until everyone is familiar with all three commands.
7. Play one 30 second round, and then give each team 2 minutes to refine their Change-Switch-Rotate routines.
8. Play a second round featuring a lot of fast commands to test each team’s ability.
9. Play a third and final round, introducing a new, fourth command:
 - “LOOSE CABOOSE” – everyone scatters and forms a part of a new four-person bobsled team.
10. Continue play until everyone falls to the ground exhausted.