

SPEEDWAY

EQUIPMENT: CONES OR TAPE

NUMBER OF PLAYERS: 10+

TIME: 15 MINUTES +

EXPLAIN

- 1 Players line up standing 6 feet away from each other.
Split players into four teams. Place a cone in front of each team.
- 2 The leader will create a racetrack with tape pointing in the direction players have to run.
- 3 When the leader says, "Start your engines!" the first player on each team steps onto the track.
- 4 When the leader says, "Go!" the player runs a lap, goes to the end of his or her team's line, does five jumping jacks, then sits down. Then, the next player in line goes.
- 5 The first team to have all players sitting down wins!

- ✓ **For Understanding:**
- Which way do you run on the track?
 - What do you do when you get back to your line?

- GAME TIP:**
- Mix up the movements players do at the end of the line to keep the game fresh and to help players exercise different muscles in their bodies.

