**SPEEDWAY**

**READY**

- **EQUIPMENT:** Cones or tape
- **SET-UP:** Players form a line
- **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.

**PLAY → REP IT OUT!**

- **EASY:** Skip.
- **MEDIUM:** Hop on two feet.
- **HARD:** Backpedal.

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**CATEGORY:**
**BEGINNER**

**ENVIRONMENT:**
**GYMNASIUM, PLAYGROUND**

**GRADES:**
K–8

**FITNESS FOCUS:**

**BACK-UP GAMES:**
ANIMAL FARM
HIDING NEMO
HIGH WIRE