

SPEEDWAY

READY

EQUIPMENT:

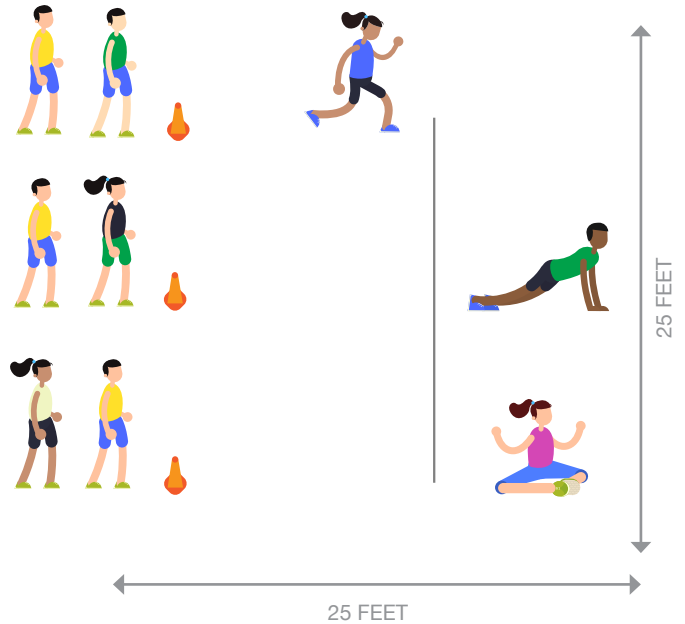
CONES OR TAPE

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 then 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.

CATEGORY:
BEGINNER

ENVIRONMENT:
GYMNASIUM,
PLAYGROUND

GRADES:
K-8

FITNESS FOCUS:



BACK-UP GAMES:
ANIMAL FARM
HIDING NEMO
HIGH WIRE

PLAY → REP IT OUT!

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