

SPEEDWAY

Relay races inspire kids to move more. Our Recess Enhancement Program (REP) game, Speedway, puts a fun spin on relay races.

SPEEDWAY

Who: Grades K-8

Players: 10+

Time: 15 minutes+

Where: Gymnasium, playground

Equipment: Cones and tape

HOW TO PLAY

- Players line up standing 6 feet away from each other. Split players into four teams. Place a cone in front of each team.
- The leader will create a racetrack with tape pointing in the direction players have to run.
- When the leader says, "Start your engines!" the first player on each team steps onto the track.
- 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.
- The first team to have all players sitting down wins!

CHECK 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.

CONFLICT RESOLUTION TIP

- Have players cheer each other on.

PLAY: REP IT OUT

Easy: Skip.

Medium: Hop on two feet.

Hard: Backpedal.
