

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Plank Race

Game Description:

Plank Races puts a twist on traditional relay race activities!

Objective:

To be the quickest team to transfer bean bags while staying in a plank position.

Game Rules:

In this relay race, form 2 rows of 5 hula hoops. Place 5 bean bags in the first hula hoop of each row. Next, split the children in two groups. The first players of each team begin in a plank position facing one another, on go, both players must transfer one bean bag at a time into the next hula hoop while remaining in a plank position, once they have moved all the bean bags into the second hula hoop the players must shuffle in a plank position toward the next hoop, then continue to transfer the bean bags to the third hoop and so on. When they arrive at the 5th hula hoop they continue the same pattern back. Once they have completed the task the next member in their group begins. The first team to successfully complete the challenge wins.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination