



TITLE: PENGUIN RACES

OBJECTIVES: Students will participate in a physical activity/game to demonstrate the benefits of living an active lifestyle to promote health.

MATERIALS: *ONE FOR EACH TEAM*

- Bean Bags
- Rubber Balls

PROCEDURES:

Penguin Shuffle Races

With penguins, it is the dad's job to keep the un-hatched egg from rolling off the rocky cliffs where the birds nest. For weeks, he carries the egg on top of his feet. Here's an amusing indoor race that challenges kids to test their balancing skills, penguin style. Each child needs a beanbag or Hacky Sack-style foot bag to serve as an egg. Contestants stand side by side with their "eggs" on top of their feet. When the race begins, players try to shuffle across the room without dropping their eggs. The first one to succeed wins.

Penguin Waddle Relay

Divide the group into two teams. Place half of each team behind lines 6 or 7 meters apart. Place a rubber ball (15-20 cm) between the knees of the first two people in line and have them waddle like penguins to give the ball to their teammates behind the opposite line. The teammate's then carry the balls back to the starting line and waddling continues until everyone has had a turn. If the ball is dropped, the penguin must go back to his/her starting point and begin again. The winning penguins are the ones that can waddle without losing the ball.

APPROXIMATE TIME FOR PROCEDURE: 25 MINUTES