

# PHYSICAL ACTIVITIES

## Grades K-2 & 3-5

### Relay Races

**Preparation:** Bring in materials needed for races.

**Equipment:** See individual races below.

**Space:** Gym or classroom

#### Directions:

1. For each race below divide students into teams.
2. Have each team line up at one end of the room.
3. The first team to have all the students complete the task and sit down is the winner of that race.

#### Races:

**#1** Students will carry three unpopped popcorn kernels in a plastic spoon while walking from one end of the room (or gym) to the other.

**Materials needed:** Plastic spoons and unpopped popcorn kernels

**#2** Students will walk to the opposite end of the room (or gym) and scoop three cups of brown rice from one bowl to the other then go back.

**Materials needed:** Large bowls, measuring cups and uncooked brown rice

**#3** Students will carry a zip-lock-taped bag of whole wheat flour while hopping (or on their tummy while doing the crab walk) from one end of the room (or gym) and back.

**Materials needed:** Zip-lock bags filled with whole-wheat flour and taped securely shut so they won't break open

**#4** Students will walk or run to the opposite end of the room (or gym) with a bowl of whole grain cereal (no milk!) and then walk/run back.

**Materials needed:** Bowls with whole grain cereal

**#5** Students will walk to the opposite end of the room and back on tip-toe carrying a bowl or small pail of uncooked oats.

**Materials needed:** Bowls or small pails and uncooked oats

