

Crab Walk Relay



Materials:

None

Instructions:

1. Divide the group into two teams.
2. The first players on each team get into crab walk position-on their hands and feet with their stomachs pointed toward the sky-and then put a shoe (or some other object) on their stomachs.
3. On "go," they have to crab walk forwards from the starting line to the end of the playing field. Then, they have to return to the starting line crab walking backwards.
4. Then the next person in line goes.
5. The first team to finish wins!