

Crab Walk Clean Up



OBJECTIVE: Improve upper body and lower body strength and endurance.

SUPPLIES NEEDED:

- (1) small basket
- (6) cones
- (1) timer

INSTRUCTIONS:

1. Find open space to set up game.
2. Place six cones in a straight line 2 steps apart. Should be able to jump over with one hop.
3. Have basket on one end where you will be starting from.
4. On "go" they will bunny hop over each cone, feet together.
5. Once they reach the last cone they will sit down and get in a crab position.
6. In the crab position they will take the last cone and push it with their feet to the basket.
7. Using only their feet they must pick up the cone and place into basket.
8. After they have dropped the cone in the basket, stand up and continue with the same instructions until all cones are picked up.
9. This is a race so see who can do it the fastest. For younger children, time them for 2 minutes and see how many they can get.
10. Do a couple rounds and have them try to beat their own time.
11. Each cone counts as a point. See how many each person scores.
12. Have fun!

