**Amoeba racing**

**Equipment Needed:**
- 4-6 cones or polyspots
- Friends and family! This game requires at least 12 players

**DIY Equipment:**
Don’t have the items needed to play?
Any object will work to create the perimeter of the activity area

**Get Ready!**
USE cones or polyspots to establish the boundaries for the activity area

DIVIDE players into two equal groups
TIP: the more players you have the more fun it is. See if your neighbors want to join!

**Instructions:**
1. In your group, half of you should link arms at the elbow and face outward in a circle. The other half should go inside the circle and not link arms.
2. Have one player yell “Go!” and both groups of “amoebas” (circles of students) should race each other to the opposite side of the activity area.
3. If your circle breaks, stop moving as if you’re stuck in cement. Try to reconnect without moving your feet. If you can’t reach your teammates by stretching, twisting, and reaching, everybody in the middle moves to the outside and links arms (the inside becomes the outside) and the amoeba starts moving again.
4. The first group to the opposite side of the room is the winner.

**Family Talking Points:**
Discuss together and write or draw your answers in the space provided.

What are some sedentary activities you do at home? How could you turn these activities into moderate activity instead?

What was challenging about the activity today? Why was it challenging?

For more fun activities visit: https://extension.oregonstate.edu/bepa