



Amoeba Racing



Equipment Needed:

- ✓ 4-6 cones or poly spots
- ✓ Friends and family! This game requires at least 12 players.

TIP: *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 poly spots 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 would like to join!

Instructions:

1. Within your groups, half of the players should link arms at the elbow and face outwards in a circle. The other half should go inside the circle and not link arms.
2. Have one player yell "Go!" to begin. Both groups of "amoebas" (circles of people) should race each other to the opposite side of the activity area.
3. If your circle breaks, stop moving as if you are 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 activity space is the winner!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. What are some sedentary activities you do at home? How could you turn these activities into moderate intensity activity instead?
2. What was challenging about the activity today? What made it challenging?