



Physical Activity



100 Inch Dash

Warm Up-Traditional

1. On a basketball court or a grassy area about the same size have children spread out. Lead children in the following traditional warm-ups (or have another child lead):
2. Neck roll, right and then left, count of 5 each direction.
3. Large arm circles, forward and then backward, count of 5
4. Truck rotations, forward, side, back, side, 5 rotations one way, then reverse
5. Heels and Toes together, bend forward, bounce up and down to the count of 5
6. Knee hug, right leg, left leg, repeat 5 times
7. Jog in place to the count of 20

What you will need:

- Tape measure
- 4 orange cones to mark start and finish lines

What you will do:

1. Divide children into 3 teams
2. Measure out 100 inches between the start and the finish line and mark the start and the finish line with tape.
3. Teams line up behind the start line.
4. Taking baby steps only (teeny, tiny steps), team member races to the turn-around point and comes back and tags his/her next teammate.
5. Relay continues until all players have come across the finish line.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?