



SHARK RACE



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Objective

In this game, the children shall move around as quickly as possible from one place to another with the aid of, for example, spot markers. Since the children shall work quickly and must bend down to pick up the spot markers and jump between them, this is a moderate to vigorous-intensity game.

Equipment

Two spot markers or similar (for example, hula hoops, cushions) for each child

Instructions

1. The children stand on one of the spot markers and hold the other in their hand.
2. The children must now get to the other side of the play area without stepping on the floor. You can pretend that the floor is the sea and that the children must avoid the sharks therein (preferably place cones, etc., in the play area, which are the sharks). The children move around by placing the other spot marker in front of themselves and walking/jumping on it.
3. They then have to move the spot marker that is behind them over their head and put it in front on the floor and jump on this one too, etc.

Variation

- This game can be extended by adding cones or anything else to depict sharks. The adult can now make it more difficult for the children by moving the 'sharks' during the game. If a shark is coming towards a child, the child must now change direction to avoid the shark.
- This game can be played in groups by having two mats. Here the children move from one part of the room to the other without touching the floor. They must cooperate on moving the empty mat forwards, after which they jump over the mat and move the other one in front again, etc.