



Modifications

- Use cones to set up a rectangular track approximately 50 meters by 25 meters, with one cone in each corner.
- Divide participants into pairs and designate them Runner A and Runner B.
- If enough space is available, set up a box per pair to maximize activity time.
- Both participants stand together on the outside of the cones along one of the 50-meter sides.
- Runner A runs around the square outside the cones, tapping Runner B when she or he finishes.
- Runner B will do the same, tapping Runner A and so on until each runner has completed two to three laps.
- Increase the difficulty by setting up a larger box, having participants run in both directions, setting a time limit for finishing a lap, and/or seeing who runs the most laps in a set amount of time.
- You can also have participants do a lateral side shuffle on the 25-meter lengths.

