



## Instructions

- Have the participants run a lap together and stop when they reach you to receive their next challenge.
- Some challenges you can give are the following:
  - do ten twirls.
  - pat your head and rub your belly.
  - spell your name backward.
  - do a thirty-second squat against the wall.
  - do five jumping jacks.
  - make a basket (if there is a basketball hoop set up).
- They should continue running once they complete each challenge, and you should give them a new challenge after each lap.