



# PUSH-UP RACE

## *Participants*

Any number of participants.

## *Time Allotment*

5+ Minutes

## *Activity Level*

Low

## *Materials*

No materials required

## *Method*

- Have the participants lie down in push up position shoulder to shoulder making a long line.
  - The first participant in line starts doing 5 push-ups, after the first person has done one push-up the second person starts their 5 push-ups, the same continues down the line.
  - After each person finishes their 5 push-ups that participant will get up, run to the end of the line of participants, lie face down and wait for the person next to them to finish their first push-up.
- As participants reach arm fatigue and cannot continue the push-ups they will step out of line to recover and cheer on the remaining participants.
- Continue until only one participant remains.

## *Variation(s)*

- Set up is the same except you make 2 lines of participants and have a goal destination for them to reach and the first team to make it to the goal line wins.
- Use sit-ups instead of push-ups. All other guidelines remain the same.

## *Regulation Modification Options*

Use the option most appropriate for the youth's level of regulation:

- Youth will be getting proprioception during the activity. They may still get worked up into dysregulation.
- When the participants hit arm fatigue have them step out of the line and do a regulation technique.
- When the race is won the facilitator should lead the group in some deep breathing regulation.

## *Coaching Tip(s)*

- Provide water!