



ROAD RACE

Participants

Any number of participants

Time Allotment

5+ Minutes

Activity Level

Low

Materials

- Large cage ball or large beach ball

Method

- Have the participants lie down on their backs shoulder to shoulder making a long line. Have them hold their arms up and legs up (bent at the knee) to form a road surface.
- Place the ball on the first participant in line. Participants will pass the ball along the road toward the end of the line. After the ball passes over the participant, that participant will get up, run to the end of the road, lie down, and wait for the ball to cross over him/her again.
- The goal is to see how fast the ball can roll without letting the ball fall off the end of the road.

Regulation Modification Options

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

- When the ball falls off the road, facilitator will lead a regulation technique for the group.
- When the ball falls off the road, the last person the ball touched will lead a regulation technique for the group.