

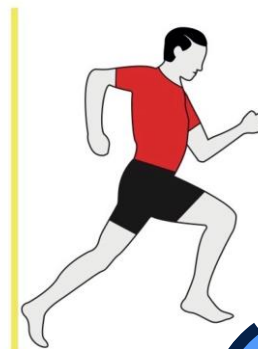
# Wacky Races

## Home Physical Education

Can you create your own Wacky race ideas?

### How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet?  
Can you move backwards?
- What is the quickest way of moving?  
What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you challenge yourself to always try your hardest?

### Top Tips

#### Crawling

Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

### Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did you feel if you did not win a race?