

Week 5: Races, Relays and Running... Oh My!

This is our final August challenge; we hope you've had fun! Items required include two sheets of newspaper, measuring tape, three balls such as beachballs (or balloons will work too) and two jump ropes or long ropes.

- **News in Motion**
 - **Items Required:** two sheets of newspaper per person
 - **Instructions:** Players line-up on the start line which also serves as the finish line. They must race to the turning point and back, stepping only on newspapers. As you step on one newspaper, lay the other one down in front of you and step on it, then move the first one forward and repeat. Please make sure to pick-up the newspapers after the race is over and put in the recycle bin.
- **100 Inch Dash**
 - **Items Required:** measuring tape
 - **Instructions:** Mark the start line first and then measure out 100 inches (2.5 meters) to the finish line. Mark this line. Start the race...runners can only move their feet one inch forward at a time. One inch is about the length of a .25 cent coin. Time how long it takes to reach the finish line!
- **Air Tag**
 - **Items Required:** three balls such as beachballs; balloons will work too
 - **Instructions:** All the players scatter in the playing area and an adult tosses one ball into the air. The object is to keep this ball in the air using any part of your body. Once one ball is in the air, get the other two balls going at the same time.
 - **Challenge:** Count how many times the balls are kept in the air before hitting the ground. Play again and try to beat this number.
- **Jump the Creek**
 - **Items Required:** two skipping ropes or long ropes
 - **Instructions:** On the parent's signal, players will run one at a time and jump over the "creek" aka ropes. If anyone lands "in the creek", they must dry off their feet by lying on their back and shaking their legs in the air!
 - **Challenge:** Keep widening the distance between the ropes and see who can jump the farthest. Continue playing as long as you wish!