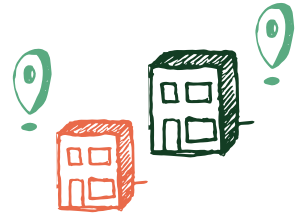




# CRAB AND BEAR-WALK RACES

Who won the race? The crab or the bear?

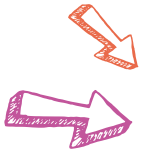
A-Z



## HOW TO PLAY WHICH WILL WIN?

### What are you going to be?

- > Create a start and finish line somewhere in your home
- > Decide how you are going to race. Pick one of these or create your own:
  - > **Crab:** Sit on the floor with your hands behind you and your knees bent, now lift up your bottom and move along the floor
  - > **Bear:** Walk along the ground with both your hands and feet touching the floor



**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



### YOU WILL NEED:

- > Space to be a crab or a bear



### SAFETY...

As with any activity consider the space and make sure you have enough room that is free of sharp edges!



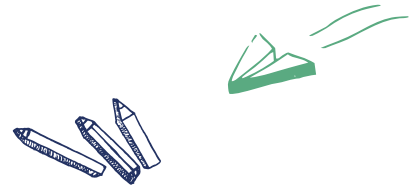
### REMEMBER

Anyone can do this - The aim is to try and use as many objects as possible to make a fun and challenging course! If someone isn't racing, then they can be the umpire!



### Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



### CHALLENGE!

Can you become a Wheelbarrow? Have somebody hold onto your ankles as you walk along the floor on your hands!

