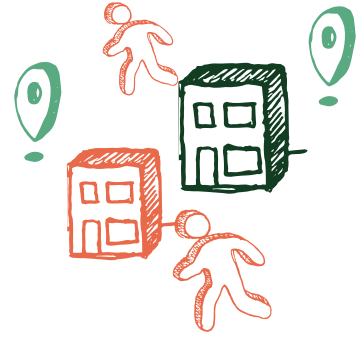




# HOUSE RACE

How fast can you run?

A-Z



## HOW TO PLAY GET GOING!

- > The main aim of this activity is to win the race!
- > First make a start and finish line
- > You can use big bottles filled with water as weights to carry when you race
- > Now race to the finish line with a bottle in each hand!

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



### YOU WILL NEED:

- > Big plastic bottles  
e.g. Milk or juice bottles



### REMEMBER



Everyone can be involved in this activity! For a competitive game you will need teams and you will race each other whilst carrying bottles filled with liquid. For a solo game you can challenge yourself to complete the lap faster each time than before!

### SAFETY...

You will need a lot of space for this so make sure it's safe to run in the house!



### 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!

Have fully filled bottles as they are harder to carry - or try two!

