

CRAB WALK RELAY



Watch this activity demo on  YouTube 

The Goal:

Move from the start to finish by crab-walking with teammates.

What You Need:

Cones to create start and finish lines.

How To Play:

- Create teams of 2-4 crab-walkers. Walkers form a line with everyone in crab-walk position, in head-to-toe formation from front to back.
- On the start signal, the first crab-walker (closest to start line) moves down the line to the front (toward the finish line).
- As soon as they reach the front, the next crab-walker can begin moving to the front of the line.
- This continues until one crab-walker crosses the finish line.



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