

PENGUIN RACE



Watch this activity demo on  YouTube 

The Goal:

Score as many points as possible in 1 minute (or another designated time) by walking like a penguin and flipping over the cups.

What You Need:

1 Sock or Tennis Ball and 2 Plastic Cups per Player.

How To Play:

- Race the clock or another penguin.
- Place and hold the egg (ball) between your knees.
- On the start signal, waddle back and forth from one cup to the other. When you reach the cup, turn it over.
- Score 1 point every time that you flip a cup.
- If you drop the egg, do 5 jumping jacks (or other exercise) before continuing.
- **Partner-Race-Challenge!** Be the first to turn 6 cups.

UDL Mods:

- Place the egg on any body part and move from one cup to the other.
- Place cups on higher surface.

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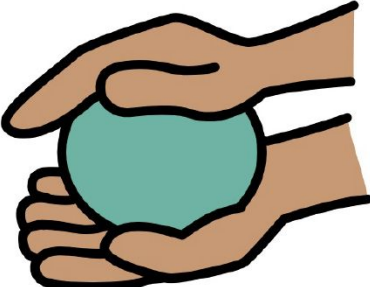
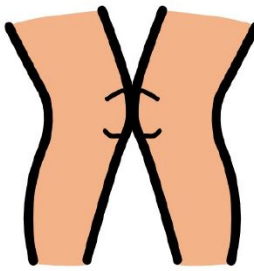
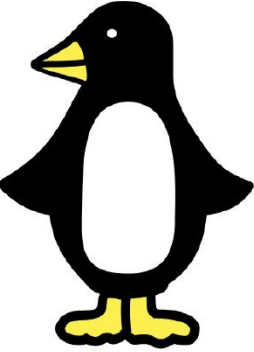
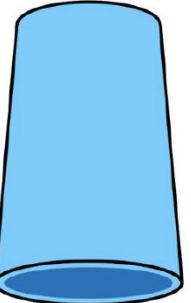


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Picture Communication Symbols[®] courtesy of Boardmaker 7.

 <p>Hold Ball</p>	 <p>Between Knees</p>	 <p>Penguin Walk</p>	 <p>Flip Cup</p>
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