

INCHWORM RELAY

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The Goal:

Move from cone to cone with a partner using inchworm planks. Demonstrate muscular fitness and flexibility.

What You Need:

5 cones per pair

How To Play:

- Place the cones in a line 10 paces apart.
- Designate one cone as Starting Cone 1 and another as Starting Cone 2.
- Teams of 2 organized with a partner at Starting Cone 1 and a partner at Cone 2.
- All students in plank position. On the start signal, Partner 1 walks their feet up to their hands and then moves forward by walking hands back to plank position (like an inchworm). When Player 1 touches the next cone, Player 2 begins to inchworm toward the next cone. Player 1 will safely and quickly move to the next cone and gets ready in plank position.
- This rotation continues until the team touches the 5th and final cone.



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