**Animal Run for Fitness and Fun**

**Objective**: How many times can a group of 3-4 students cross the gym, repeating the sequence of moving the animal, in a set period of time.

**Equipment**:

* 4 – polyspots for each group
* 2 – rubber animals for each group

**Setup**:

* Groups of 3-4 students in a relay pattern approximately 25-30 feet apart. Two are at one end of the gym and 1 or 2 are at the other end of the gym
* Four polyspots are spaced at even intervals between the starting lines
* A rubber animal is placed on the first and third polyspot from the side that will start

**Equipment**:

***When the music begins*** -

* The first student on the side with two students runs to the first polyspot, picks up the animal and places it on the empty second polyspot.
* The student then picks up the polyspot on the third polyspot and places it on the empty fourth polyspot.
* The student tags his/her teammate and goes to the end of the line. That person reverses the sequence.
* How many times can the group of 3-4 students complete the sequence?
* Have the group compete against itself by repeating the activity while trying to improve the number of times they repeat the sequence.

**Variations**:

* Use bean bags if you don’t have the rubber critters
* Use dome cones (instead of polyspots) and bean bags. This way the students must balance the bean bag on top of a dome cone.

