

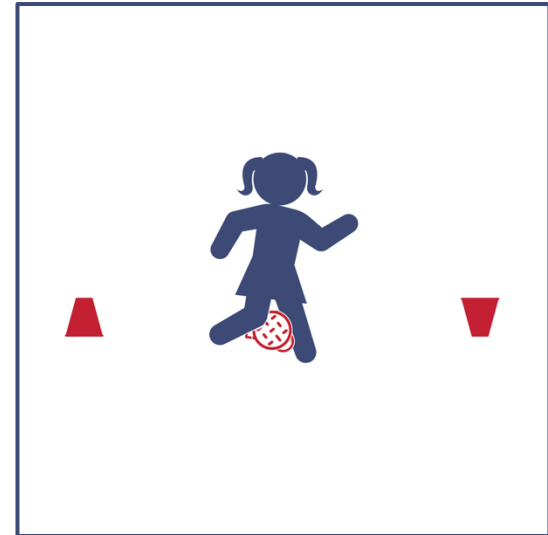
PENGUIN RACE

Get Ready: 1 Sock or Tennis Ball and 2 Plastic Cups per Person

Get Set: Set the plastic cups 15-20 ft. from each other.

GO!

- You are a Penguin – the ball is an egg.
- There are 2 different ways to play:
(1) By Yourself or (2) Race A Partner.
- **By Yourself Challenge** – How many points you can score in 1-minute?
 - Place the egg between your knees and waddle back and forth from one cup to the other. When you reach the cup, turn it over.
 - If you drop the egg, do 5 jumping jacks before you continue.
 - Score 1 point for each cup you turn over.
- **Race A Partner Challenge** – Be the first Penguin to turn over 6 cups!
 - On the start signal, waddle to the first cup and turn it over.
 - Now hustle back to the other cup (as much as one can hustle while waddling). Continue back and forth.
 - If you drop the egg, do 5 jumping before you continue.
 - First to turn over 6 cups wins the race (scores 6 points).



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