



Potato Sack Race

ACTIVITY

With both legs inside the sack, have students bend their knees and hop from point A to point B, around a cone and back. Then have them pass the sack to the next person in line and cheer them on! The first team to finish wins the race.

SUPPLIES

Burlap sacks, laundry bags, large pillow cases (for younger children), or extra-strength trash bags

EXPERIMENT

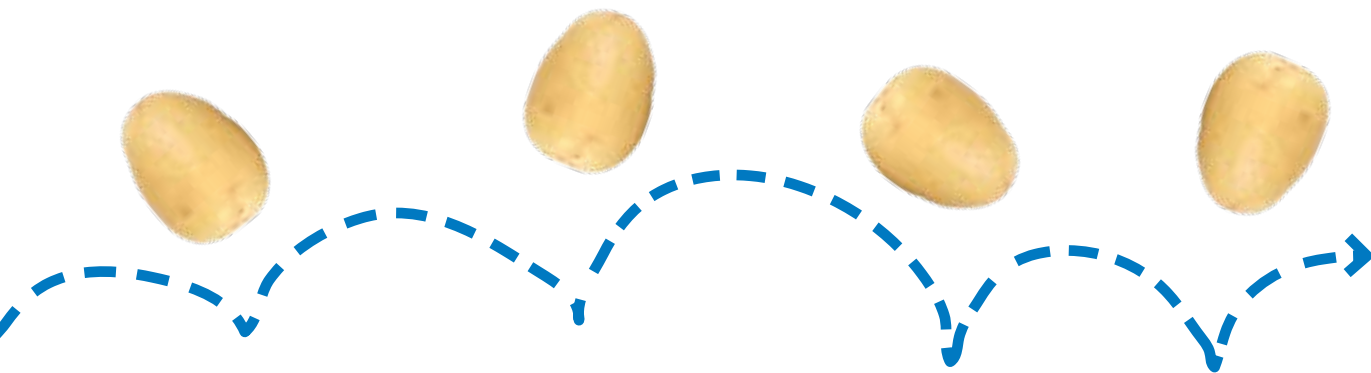
What works better: Legs apart or legs tight together? Long hops, short hops, or medium hops?

EXTENSIONS

For older kids, add some traffic cones, and have them zigzag down the "Potato Sack Slalom."

SKILLS

This activity helps develop gross motor skills, physical coordination, and balance. Jumping is also a great aerobic workout and good for building bones.



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