

# Car and Driver

Grades 2–5

## BENEFIT

Moderate aerobic exercise, cooperative skills

## LOCATION

Grass, blacktop

## EQUIPMENT

20 cones

**1** Establish boundaries for a small square playing area (roughly 50 feet by 50 feet; the painted lines of a basketball court also work well). Assign each student a partner; one student is the driver, and the other is the car. The pairs spread out within the playing area. The driver grasps the car by the shoulders, from behind. The car closes her eyes and raises her crossed arms, simulating a front bumper.

**2** Say “Ready, go,” and the driver begins to steer the car around the playground. The car and driver walk forward together as the driver gently steers by turning the car’s shoulders. Since the car’s eyes are closed, the driver must be cautious. If the car and driver encounter another car, they must slow down and walk around each other without making contact. This game teaches trust and responsibility.

**3** After one to two minutes, call out “Switch”; the car and driver switch roles.

A driver grasps her car’s shoulders (A). Drivers must steer carefully through traffic (B), avoiding collisions with other car-driver pairs (C).

