

# Crab Greetings

Grades K-5

## BENEFIT

Moderate aerobic exercise, muscular strength and endurance

## LOCATION

Grass, blacktop, multipurpose room

## EQUIPMENT

20 cones

## Tip

Remind your students to avoid contact with other students, except when shaking hands.

- 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). Instruct your students to spread out and get into the crab position (see photos below).
- 2 The students crab-walk through the playing area; approach other students; and shake hands while maintaining the crab position, with backsides off the ground.



Students crawl around like crabs and shake hands.