

# Ready, Set, Slow!

Grades K-5

## BENEFIT

Muscular strength and endurance

## LOCATION

Grass, blacktop, multipurpose room

## EQUIPMENT

12 cones

- 1 Set up two parallel lines, approximately 10 to 20 feet apart.
- 2 Have your students line up side by side on one line, facing the other line; then have them get down into the bear-crawl position, knees off the ground (see photos below). Tell your students how much time they have—for example, 30 seconds.
- 3 When you say “Ready, go,” the students begin to bear-crawl forward as slowly as possible.
- 4 Call out “Stop,” once time has expired. The student who has crawled forward the least is declared the winner.

## Tip

Remind your students that even though they are moving slowly, the activity still builds strength, because their arms and shoulders are working constantly.

## Tip

Any students who reach the far line should remain there in the bear-crawl position—on all fours, knees off the ground—until time expires.



To play Ready, Set, Slow, students crawl as slowly as they can to the far line. The student who moves forward the least is the winner.