

Centipede

Type of Game: Relay

Age group: All ages

Objective: Work together with your team to race to a goal and back to the start/finish line.

Materials Needed:

- Two ropes, poles or lines on the field of play

Space Requirements:

- 10 feet to 10 yards (length of the ropes, poles or lines) 6 feet apart

Directions:

1. Divide into two teams of equal numbers. Note– If there is an odd number of players, have the larger team start one foot ahead of the start line.
2. Each Centipede Team straddles the rope (pole or lines) behind the start line.
3. Half the Centipede Team faces forward while the other half faces backward.
4. The Centipede Team joins hands.
5. On the signal, both Centipede Teams travel to the end of the rope (pole or lines). The last person on the team touches the end, then the entire team travels back to the starting line as quickly as possible.
6. The team who's Centipede passes the starting spot after touching the other end the quickest is the winner.

Notes to leader: The group should be cautioned against being over zealous as they will need to keep the rope, pole or lines between their feet the whole time. This will keep trips, pushes and falls to a minimum.

Adaptations: The longer the rope, pole or lines, the more difficult the course. Bending or curving the lines increases the challenge.

Diagram or drawing:

