

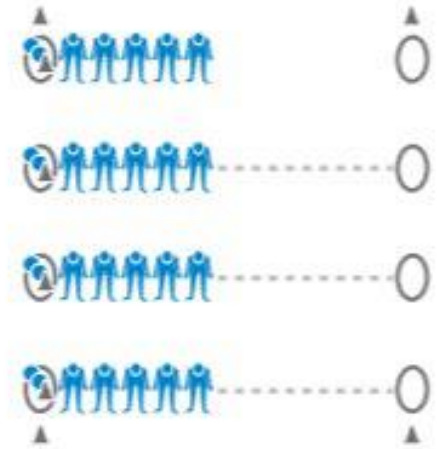
Centipede Pass

Prep

- 4 cones for start and finish lines.
- 2 hoops per group of 5
- 3 pieces of equipment per 5 students (e.g. cones, utility ball, paddles, etc.).

Set

- Create start and finish lines about 20-30 paces apart.
- Groups of 5 seated shoulder to shoulder in line. Last person sitting on start line, rest toward finish line.
- Groups put 1 piece of equipment between the feet of the last group member, other pieces lie on start line.



Teach

- On signal, students with the equipment use only their feet to pass objects to student in front of them. After passing the equipment, move (using a crab walk) to the front of the line.
- The next student receives the equipment with their feet, then passes to the next student.
- That student then uses a crab walk to get to the front.
- Continue until the centipede line reaches the finish line to drop off the equipment.
- Run back to the start line and repeat with the second piece of equipment, finally, the third piece.