



ENERGY BURN

Sack Race



What you'll need:

**Pillowcase for each player (laundry bag or king size pillow case, if you're tall)*

**Something to mark the starting line & finish line (stick, rope, etc...)*



1. Line up behind the starting line.

2. Climb into your sack, pull it up as far as you can, and hold onto the top edge.

3. Now, GO! Start hopping to the finish line. Move the best way you can while staying on your feet. Hop, waddle, wiggle, walk, but *don't* fall down.



4. The first person to make it to the finish line without falling wins!