



Homemade Race Track

This game can easily be modified to meet your child's interests. For example, it can be a NASCAR race, a jungle parade or a fashion runway.

Physical activity links Muscular control, motor planning, spatial awareness, co-operation, focusing, physical endurance, running skills, locomotion patterns, physical fitness

Language/literacy links Listening skills, pretending, vocabulary

Equipment Pillows
mats (from the bathroom, bedroom, door)
comforters/blankets
sleeping bags
towels

Where Outdoors (with different equipment, such as baseball bats, hockey sticks, or sand castle moulds) or indoors

Let's play:

1. Set equipment on the floor to create a racetrack. Equipment should border each side of the track, so that children are moving on the floor of the home (pillows are the grass lining the race car track, or the pebbles on the sides of the dirt road).
2. Explain that children must stay on the track at all times. If you wish, touching the equipment can lead to a restart, having to do a silly task, or can simply serve as a reminder of the task for children.
3. Children run around the track doing various activities.
4. Example tasks:
Children do three laps running
Children do three laps jumping, hopping, or skipping
Crabwalk, bear walk, skipping, skating, hopping on one leg, driving a car

Adapted by Healthy Beginnings 2-5



Try this way:

- Vary the design and complexity of the track to match your home and child. Try tighter corners, snake-like designs or long straight stretches.
- Running is not required. Hopping, bear walking, crab crawling or pretending to be an airplane are all great choices.
- Having a starting or finishing point is optional. The course can be a loop and laps can be counted.
- If playing with more than one child, have them start at various points of the track.
- Play music to match the tempo or theme of the activity. With some space music, you can be asteroids in the solar system, or with some dance music, you can be fashion models.

