



GET ACTIVE



15 MINUTES



READY TO GO

PENGUIN RACES

PART OF THE PENGUINS THEMED PROGRAMME



▶▶ GETTING INTO THE ACTIVITY

Get active with some races - penguin style!

Get children competing in both of these penguin races. These could be run as straight races or you could set up obstacles to weave through and even run it as a team relay race.

Penguin Shuffle: Penguin Dads have the job of keeping an un-hatched egg safe. For weeks he will carry the egg around on the top of his feet. Become penguin Dads and race each other whilst trying to balance a beanbag (or similar) on the top of your feet without dropping it - this should mean lots of very small steps! The first child / team to complete the race is the winner.

Penguin Waddle: Penguins are famous for their waddle. Have some waddle races, to see what it's like to walk like a penguin. Children should place a beanbag or small ball between their knees and waddle like penguins. If a beanbag / ball is dropped it can either be picked up and put back in place, or children should go back to the start line (depending on the difficulty of your race).

Virtual: Instead of having races, encourage children to give both the shuffle and the waddle a go at home. Instead of the quickest penguin, you could award points for the best-looking shuffle and waddle.

✓✓ WHAT YOU'LL NEED

- Beanbags / Balls
- Cones

! KEEPING EVERYONE SAFE

Please maintain social distancing as required. When using shared equipment, hands should be cleaned both before and after the activity.