

# SUPER TROOPERS

with



## Crazy Family Races

One really fun way to get active together as a family is to have races around your garden, local park or green space. Super Troopers with Laya Healthcare has some top tips for how you can make your family races extra fun by throwing in some unique twists!

### Race Numbers

On pieces of paper, design race numbers for everyone to wear. You can pick a theme, or everyone can let their imagination run free with what they want to put on their race number. When you're ready, use sticky tape to attach the number to your clothes before you start your races.



### Five Lap Challenge

- Head down to your race track, and mark a start and finish line. Each race will consist of five laps of the marked area. If some of your Super Troopers are a lot older than others, you can ask the older runners to do more laps than younger ones.
- Decide on a starting sound for the race, such as the word 'Go!', a clap or a wooden spoon banging against a saucepan.
- Decide on a different challenge for every lap. For example:
  - » On the first lap, you run normally
  - » On the second lap, you do a crab walk
  - » On the third lap, you run backwards
  - » On the fourth lap, you run on all fours
  - » On the fifth lap, you walk sideways
- Once you have the rules of the race decided, it's time to go! The winner is the person who finishes all of their laps first. If you want, you can do a few shorter races and ask the children who win the most races to compete in a Grand Final.
- In the Grand Final, everyone can join in by taking turns to shout out actions which the racers must do while running. The winner is whichever runner completes 5 laps first.



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### Carry-It-On Race Challenge

Try some crazy races where the challenge is to hold an item while moving, for example:

- Pass a beanbag or ball from one hand to the other while walking
- Older children can try jogging sideways while passing a tennis ball from one hand to the other
- Balance a beanbag on your head while jogging forwards or sideways
- Pass a ball around your body, in front and behind, while walking or jogging

