

SPACE RELAY RACE



The objective of this relay race is to simulate Mr. Chicken's adventurous journey to Mars. Children will work in teams, moving through an obstacle course that includes various challenges related to space travel, culminating in the passing of a "baton" to their teammate.

YOU WILL NEED

- A safe, open space, preferably outdoors.
- Cones to mark the start and end of the course and to guide the path between different activity stations.
- A collection of small balls (*Martian Rocks*)
- Hula Hoops
- Bucket per team

ACTIVITY

Each stations representing a key event in Mr. Chicken's journey.

- 1 Launch Pad:** Start with a simple warm-up activity, such as jumping jacks or high knees, to get the "rockets" ready for launch.
- 2 Asteroid Field:** Place hula hoops on the ground, spaced out with random orientations. Participants must hop from one hoop to another without touching the ground, simulating dodging asteroids.
- 3 Martian Rocks Collection:** Scatter small balls around a designated area. Participants must collect a specified number of rocks and place them in their team's bucket before moving on.
- 4 Finishing Line:** The last participant in each team races to place the team's collected Martian rocks into a central container to symbolise arriving back at Earth and completing the mission.

RULES

- *Participants must complete all activities at each station before moving to the next.*
- *Only one team member runs the course at a time.*
- *The first team to finish all tasks and gather all their members at the finish line wins*

Follows rules, plays fairly and shares when participating in group physical activities.

