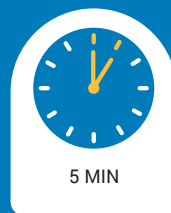


Egg and spoon race



Lifesaving
education programs

Extension for sprints

Running on sand or riverbanks can be difficult – this activity tests participants even further by making sure they can stay stable and balanced on uneven surfaces!

Equipment:

- ☐ Dessert spoon
- ☐ Small ball (golf ball size)
- ☐ Cones

- 1 Break participants up into teams of four and spread them out with half the team on the start line and half at the other end of the course.
- 2 Give each team a dessert spoon and a small ball.
- 3 Introduce the spoon and tennis ball and explain that they are not allowed to touch the ball with their hands – only the spoon.
- 4 Use correct starter's commands: "Competitors ready" "Set" "Go".
- 5 Participants then run and tag the person from the line in front of them.
- 6 Mix up the activity by having participants run the relay doing different things, e.g., skipping, crawling, sidestepping, jumping.

Extension

1. Once students understand the game, you can add in obstacles such as cones to zig zag around as they run
2. Add punishments for dropping the ball, such as returning to the start of the course, doing star jumps or answering a water safety question!

