

Crabs and scorpions



What you need: Two markers (tins, trainers etc), one player, one person to time.

How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Players must transport the socks one at a time from one marker to the other.

Rules:

They must transport the socks on their stomach on the way there (crab) and travel back on their hands and feet stomach facing down (scorpion).



**How quickly can
you move the socks?**