## How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?

Top Tips
Crawling
Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

Believing in every child's future

