



Sack Race Instructions

1. Group the kids in to 2-3 groups. The number of kids in the group depends upon the number of participants you have. If you have a big crowd of participants, group them into 3 groups.
2. Have the groups form their lines. There must be 3 meters distance from each group. Give each group a sack. Big size of sack is preferable for comfortable movements.
3. Put a chair in front of the group at least 10 meters distance away from them. The chair will serve as their point of reference.
4. The first person in each the line will be the first participant of the race. The participant will step inside the sack, heads out holding the sides of the sack by his both hands.
5. Then the "GO" signal is given, they hop towards the reference point the chair) go around the chair and hop back to their lines.
6. When they reach back to their line in the group, the next participants will follow doing the same procedure until all of them in the group will be able to participate.
7. The first group who will be able to finish ahead of the others will be declared the winner