

CURIOSITY AT HOME

READY, SET, DON'T RUN!



Race your friends or people in your house, but not in any normal race! There's no running allowed in these races, instead try as many different ways as you can to get to the finish line.

MATERIALS

- A soft and safe place to race (such as a public park, your backyard, or a sports field)
- One or more other people to race against is best, but you can time yourself to see if you can get faster each round.
- Something to mark the start and finish lines (this can be anything you have with you, like sweatshirts, books, hats, rocks, etc.)

INSTRUCTIONS

- First, determine your starting line and finishing line, and mark them.
- Decide how you are going to get to the finish line! Remember, no running, but everyone should do the same thing.
- **Race ideas:** summersault, cartwheel, crawling, rolling, spinning, crab walk, jump with both feet, jump on one foot, grapevine/karaoke shuffle, and sideways shuffle. You could also have a race, or a relay races that uses a variety of these styles in a specific order. You can also come up with your own creative ways to get from start to finish without running!
- Finally, line up at the starting line, and have one person count you down by saying "ready, set," and then the action you've decided to do. (for example, "Ready, set, crawl!")

EXPLORE MORE

You can hold a ceremony for the winners of the races, and award best non-runner awards. Try different styles of races. Is one style easier than others? Do you prefer a particular order to the different styles? Can you create different racing styles that work for everyone you are racing with, no matter their age or what they are wearing?

Experiment continued on next page...



Show us how you're being curious! Share your results with us.

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