

Get up &
go!

How to play

This game can be played outdoors and with a group.

Mark out a starting line and finishing line using jumpers or towels.

Get into pairs.

In each pair, one of you is the 'wheelbarrow' and lies on your front on the grass, and the other is the 'driver' and stands behind the 'wheelbarrow's' feet.

Before the race begins, the driver picks up the wheelbarrow's ankles and the wheelbarrow lift's themselves onto their hands or arms.

On one, two, three and go, try to race to the finishing line without falling over.

The pair that cross the finishing line first win.

Equipment

Jumpers or towels

Wheelbarrow race