

# GO Strong

Teachers can incorporate active learning and physical activity breaks into the classroom to improve student performance and the classroom environment.\*

## Week 8: Caterpillar Carry

**Materials:** 2 lightweight balls (such as playground, foam, or beach balls)

**Time:** 15 minutes

Divide the class into two teams of equal numbers. Have each team form a straight line down a hallway. The members of each team will lie down and place one foot on each side of the next student's head as pictured below.



Give these instructions to the teams:

- ★ The first students in both lines should raise their feet as I give each of them a ball.
- ★ When I say "GO!" use your feet to pass the ball to the next student in line.
- ★ You may not use your hands. If someone drops a ball, I will quickly return the ball to the feet of the student who dropped it.
- ★ Your goal is to get the ball from the first to the last person in line without using your hands.



If time allows, merge the teams into one, and have the students estimate the amount of time it will take the entire class to move the ball down the hallway. Then conduct the new Caterpillar Carry challenge.



\*Centers for Disease Control and Prevention. *The Association between School Based Physical Activity, Including Physical Education, and Academic Performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010. <http://www.lets-go.org/wp-content/uploads/MHTab09D23-Physical-Activity-and-Academic-Achievement-color-double-sided.pdf>