

Parent-child Physical Games

Game 9

Towel Shuffle Challenge



How to Play

- 1 Divide into teams of two
- 2 Sit on a large towel and grab the two corners
- 3 Inch forwards by straightening and bending your legs
- 4 Race to the finish together



Objectives

- 1 To strengthen the lower limb muscles
- 2 To develop teamwork skills

Modifications

Sit shoulder to shoulder on the towel

Equipment

Large towel(s)

