



# TURTLE RACE



## Resources required:

- Pen and score cards for coach
- Cones x 4 arranged as per the diagram supplied
- Bikes and helmets for participants

## Instructions for coach:

- Bring the participants together. Deliver the instructions and objectives for this game and advise scoring criteria. Ensure the participants have any questions answered before commencing.
- Instruct the participants:
  - to form groups of six sitting on their bikes and lined up on the start line (as per diagram)
  - the objective is for

participants to be the last across the finish line. Each participant must maintain a straight line, and ride as slowly as possible avoiding putting a foot down. Last to cross over the finish line wins the 'Turtle Title'

- Coach to mark and allocate a score on each participant's score card for where they placed in the race, as per points criteria.

## Points:

- 1pt for coming 6th
- 2pts for coming 5th
- 3pts for coming 4th
- 4pts for coming 3rd
- 5pts for coming 2nd
- 6pts for coming 1st



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