

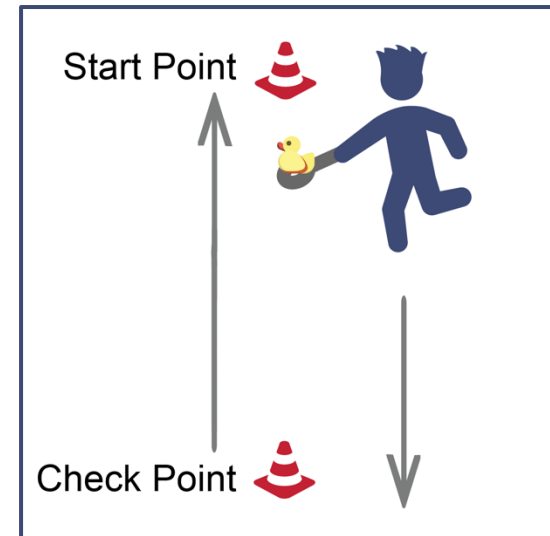
SPOON RELAY

Get Ready: 1 spoon, 1 object to balance (small ball, marble, small toy), Items to Mark Start/Check Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

Get Set: Set a starting point and a check point. Distance can be 15 to 30 walking steps from beginning to end. At the start point, get ready by placing the object on the spoon and balance it.

GO!

- This is the Spoon Relay. You have 1 minute to Score points by completing laps with an object balanced on a spoon.
- On the start signal, move carefully from the starting point to the check point and back again (1 lap).
- Complete as many laps as possible without a drop.
- If you drop the object, stop walking, place it on the spoon, and begin again.
- Score 1 point for each lap completed without a drop.
- Write your score down



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