



# Monster Walk

Challenges

Moving  
Together

Creating A  
Plan

Communication

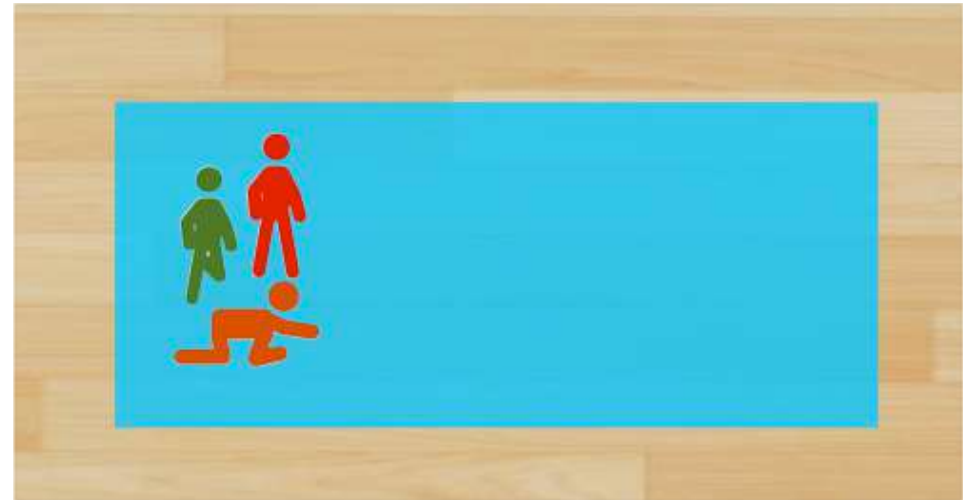


## Rules of Play

- Divide the class up into groups of 6-7 students. Set up mats along the gym floor for each group for a distance of about 25 feet.
- The objective of the game is for the students to get from one side of the mat, to the other side as a group. The group may only move together as a unit, stay connected at all times (holding hands, piggyback) and they may only use a certain number of body parts to move as a group.
- Start the game off allowing the group to use the number of body parts for the number of people in their group. So a group of 7 players are only allowed to move using a combined total of 7 body parts. For example, 1 person hopping is 1 body part, one person walking is 2 body parts, 1 person crawling is 4 body parts, etc.
- After each success, the team must now attempt the challenge with 1 less body part with their goal of trying to move as a team using the fewest body parts as possible

## Variations and Progressions

- Changing the number of body parts that students may use to move as a group will increase or decrease the difficulty of the game. Increasing or decreasing the distance the players must travel will also make the game harder or easier for the players.



## Game Info

### Equipment

Indoor mats

### Safety

Advise the students to be careful when moving as a group to make sure that everyone in their group safe and nobody is uncomfortable or nervous.

## Discussion

*What is the best way to move as a group?*

*How do you decide as a team who should do what movement?*

*How do you communicate as a team to know when to move?*