

# Inspirational Race Game

## Equipment

- Twenty-four index cards (four sets of six), each bearing an inspirational saying (such as those provided in the web resource) on one side and an exercise and a number of repetitions on the other side
- Favorite gym music

## Description

All four teams line up behind one end line of the gym. For each team, the six cards bearing exercises and inspirational sayings should be scattered on the floor at half-court directly opposite the team (from the end line to the half-court line). Each set of six cards can have the same exercises and quotes; or, if you are really excited about this game, then all the cards can be different!

When the music begins, one team member runs out, picks one card from the team's group of cards, and brings it back to the team. The team members perform the indicated exercise for the indicated number of repetitions, then jog a lap together. No one may run ahead; the team must stay together. When the lap has been completed, another team member runs to the scattered cards and brings a card back to the team. The team again performs the indicated exercise, then runs a lap. This process continues until each team has picked up and implemented all of its cards.

Each team then circles up and reads each inspirational saying on its cards. Team members then pick their favorite quotation, as a team, and prepare to explain it to the class. After about five minutes of team discussion, each group reports to the class about its favorite quotation. It's fine if a quotation is used more than once; each team that uses it may have a different interpretation of it. An example of a card bearing an exercise and a quotation is included in the web resource, along with additional quotations. You can use them with your own favorite exercises and activities; of course, you can also use your own favorite quotations.

