

Plank Races

Activities to Get Groups Moving

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To practice teamwork
- To coordinate group movements

MATERIALS


- Four boards that measure five feet by one foot
- Ten lengths of rope, each one six feet long
- Painter's tape

SETUP

- Using painter's tape, mark a "starting line" and finish line about twenty feet apart.

INSTRUCTIONS

1. Divide your group into teams with a **maximum of five participants per team**.
2. **Count up the total number of teams** you have. **Write** the numbers one to your total team number **on Post-its** and **place** these in a bag.
3. Have each team **select** one Post-it from the bag—this will determine their plank race lineup.
4. Have the **teams that selected the numbers one and two line up** at the starting line.
5. **Give each team two planks and five lengths of rope.**
6. Explain that their challenge is to **imagine that each plank is a ski**.
7. They should **run their length of rope under the two planks**, holding **one end in each hand**. This will create a makeshift ski pole.
8. The group will then work **together to walk with their planks** from the **starting line to the finish line**.

CONTINUED 

Plank Races continued

9. Each group member should then **place** their left leg on the left board and their right leg on the right board.
10. If there is not enough room for all teams to participate at the same time, **repeat** this process until all teams have had a chance to race.

DIAL IT UP

- Create an obstacle course using chairs or cones and have teams race around the obstacle course. The team with the best time wins.

DEBRIEF

- **What did you like about this activity?**
- **What did you learn about yourself in this activity?**
- **What was hard in this activity?**
- **What would you do differently next time?**