

# Leg lift relay race

## GameProgression

1. Players lie on their backs with their feet facing one another. Players should be slightly staggered so that their feet overlap slightly.
2. On 'Go!' player at one end stands and races down the centre of the two lines of players. Each player must raise their legs to allow the player to pass.
3. Once player has laid down at the other end of the line then the next player can stand and run.
4. Race is over when all players have ran once.

