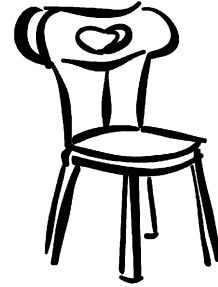


# Go Outside

## Chair Relay

### **What you need:**

2 chairs



### **How To Play**

A chair is placed on the distance line opposite each team, with the back of the chair towards the team. Boxes may be used instead of chairs in this race. At the signal to go the first player on each team runs forward, sits in the chair, lifting both feet clear of the ground, then running around the chair, returns and tags off the next player, who does the same. Where folding chairs are available, the chair can be folded and left upon the ground on the distance line. Then each contestant is required to open the chair, sit upon it, then fold it, lay it upon the ground and return to tag off the next player.