



#FontanaTogether

Marble Toe Race

Equipment:

- Marbles or beans
- Bowl
- Water (optional)
- Music

Skill Emphasized:

- Ankle and foot strength conditioning.



Organization:

1. Place two bowls (approx. 1ft apart) on the ground in front of each participant.
2. Leave one bowl empty, and place marbles or beans in the 2nd bowl.

Instruction:

Warm up and stretch before any type of physical activity!!

1. Have participants sit on a chair or on the ground facing their bowls.
2. Instruct participants to attempt to grab the marbles (or beans) with their toes and place them into the empty bowl.
3. Have them do this until all marbles are transferred to the opposite bowl.
 - Single participant: have them race against the clock! Set a timer and see how many marbles they can transfer over to the next bowl (if they beat the time...give them a high 5! IF they do not... have them do 15 jumping jacks or come up with your own creative exercise)
 - Multiple participants: Remember, each participant will need two bowls in front of them. Now that each participant has their own two bowls (one that has marbles or beans), have them race and see who the first person can be to transfer all marbles. Winner suggests what type of exercise the loser(s) must attempt.

Modifications/Variations:

- Try filling up the marble (or beans) bowl with water to make grabbing marbles a little harder.
- Instead of sitting, have participants stand while transferring the marbles. This will require the participants to balance on one leg.
 - Have them switch legs after each attempt to improve balance and strength on each leg.