Plate Race

Teamwork Activity

Objectives:

1. Experience cooperative play.
2. Support and encourage team members to complete a task.

Age:

8 years and older.

Length:

Approximately 10 minutes.

Supplies and Materials:

1. Paper plates, one per person plus a few extra.
2. Pre-determined starting point and ending point.

Special Considerations:

Wheelchair-Bound Participants: Players in wheel chairs can play by having one of their front wheels count as being on the plate.

Activity Directions:

1. Divide players into groups of six. Explain the goal of the game is to have fun and encourage your team members.

2. Distribute enough paper plates so that each player has one and each group has one extra plate.

3. Share the following instructions:

   Stand in a line with each team player standing on her/his plate and facing the back of the player directly ahead.

   The goal is to work together as a team to move down the course. Each player needs to be standing on a plate at all times. Start by throwing the first plate out in front of the line. Each team member moves forward one plate with the last person picking up the empty plate and passing it forward.
4. If the course is short, you can have teams reverse direction once they get to the end so the player who was at the end is now at the front of the line.

5. Despite your first instructions, many players will think the goal is to get done first. Once the activity is complete, recognize each team for something they did well. For example: the most encouraging team, the loudest team, the team who traveled in the curviest line, the team who laughed the most. Everyone and every team is a winner if everyone had fun and felt supported and encouraged.

6. Lead a big cheer!

**Take Home Tidbit**

Take home slip says the following:

“Ask me about how we had fun playing the paper plate race at the WIN Kids Fun Day.”