

Scream Team

Objective: To see which team can run the farthest while screaming.

Description: Form groups with three to five runners in each group. Each group should be in a single file line with the first person in each group behind the starting line. On the starting command, the 1st runner in each group starts running and yells as loud as they can on a single breath. Teammates run right behind the yelling first runner maintaining a single file line. When the first runner can no longer yell they move to the back of the group line and continues to run. The second runner on the team takes the lead and starts yelling on a single breath and continues running (the rest of the team continues to run behind the yelling runner). When the second runner can no longer yell, they move to the back of the line and the third runner takes the lead and starts yelling on a single breath. Continue until everyone on the team has yelled. It's fun to see who can go the farthest and scream the loudest! If a group gets to the edge of a boundary, have them turn around and come back.



Variations: (1) Make a continuous relay, when all the runners have had a turn at yelling, the yelling sequence starts over with the first runner. (2) Combine everyone on the team to see how far they can go. Note the distance and go again to see if the team can go further.

Equipment: None needed