

Caterpillar Tracks

Group Size: 5 –unlimited space dependant

Key Stages: KS1, KS2, KS3, KS4, KS5

Team Building Skills: Attention, Playing your role, C
Communication

Equipment: No Equipment

Caterpillar Tracks is a fast paced fun team building activity for all ages.

There are two ways to play:

The first method has all of the teammates on the same team with the intention of trying to get the best time possible.

All of the participants will need to lie on the ground. This will be next to each other, side by side. The person at the front of the group will need to be behind a start line.

The challenge is that when the instructor / teacher says go the person at the back jumps up and moves as quickly as possible to the front of the caterpillar track. As soon as that person is lying down the next person can make their move to the front.

The timer can be stopped when all of the participants have crossed the finish line.

An alternative way to play Caterpillar Tracks is to play in more than one team. With this approach the teams can race each other to the finish line.

