



# CRAB GAMES

Ages 5+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Using the 'crab' position to complete different challenges.

## EQUIPMENT



- ▶ Soft ball/pair of socks, goal/pair of shoes, box/basket/bin.

## HOW TO PLAY



- ▶ Get familiar with the crab position. With both hands and feet on the floor, lift your hips off the ground and keep it up for as long as possible to complete the below challenges.
- ▶ Crab Football – if you do not have a goal, use a pair of shoes to create your goal. Whilst in the crab position, try to flick the ball/pair of socks into the goal. Crab to walk over to the goal, retrieve the ball/socks and go again. How many goals can you score in 60 seconds?
- ▶ Crab Basketball – use a washing basket, bin, box or bucket as your basket. Whilst in the crab position, try to throw your ball/socks into the basket. How many baskets can you get in 60 seconds?
- ▶ Play on your own or with a playmate to perform and come up with different challenges.

## GAME VARIATIONS



1. To make the games more difficult, increase distance and/or decrease time allowed.
2. Add in obstacles/obstructions to make scoring more difficult.
3. Be creative to come up with more 'Crab Olympics' games/activities to keep you busy and active.
4. Try a different position to "Crab" to complete the same activities. On all fours as a "Bear" or lying flat on your back or tummy as a "caterpillar".