Horse and Rider

- 12 to 30 players
- Ten to twelve years old

FORMATION: Players form into equal-size teams behind a starting line and each team divides into pairs of children who are equally matched for size. A turning line is marked 30 feet away.

ACTION: The lead pair on each team takes a horse-and-rider position. The "rider" climbs on the "horse's" back, with knees locked around the horse's waist and hands on the horse's shoulders. At a starting signal each "horse and rider" race toward the turning line. There they reverse roles and race back to the starting line. The first team to have all its players complete the action is the winner. For younger children, it may be best to mark the turning line only 15 or 20 feet away.