

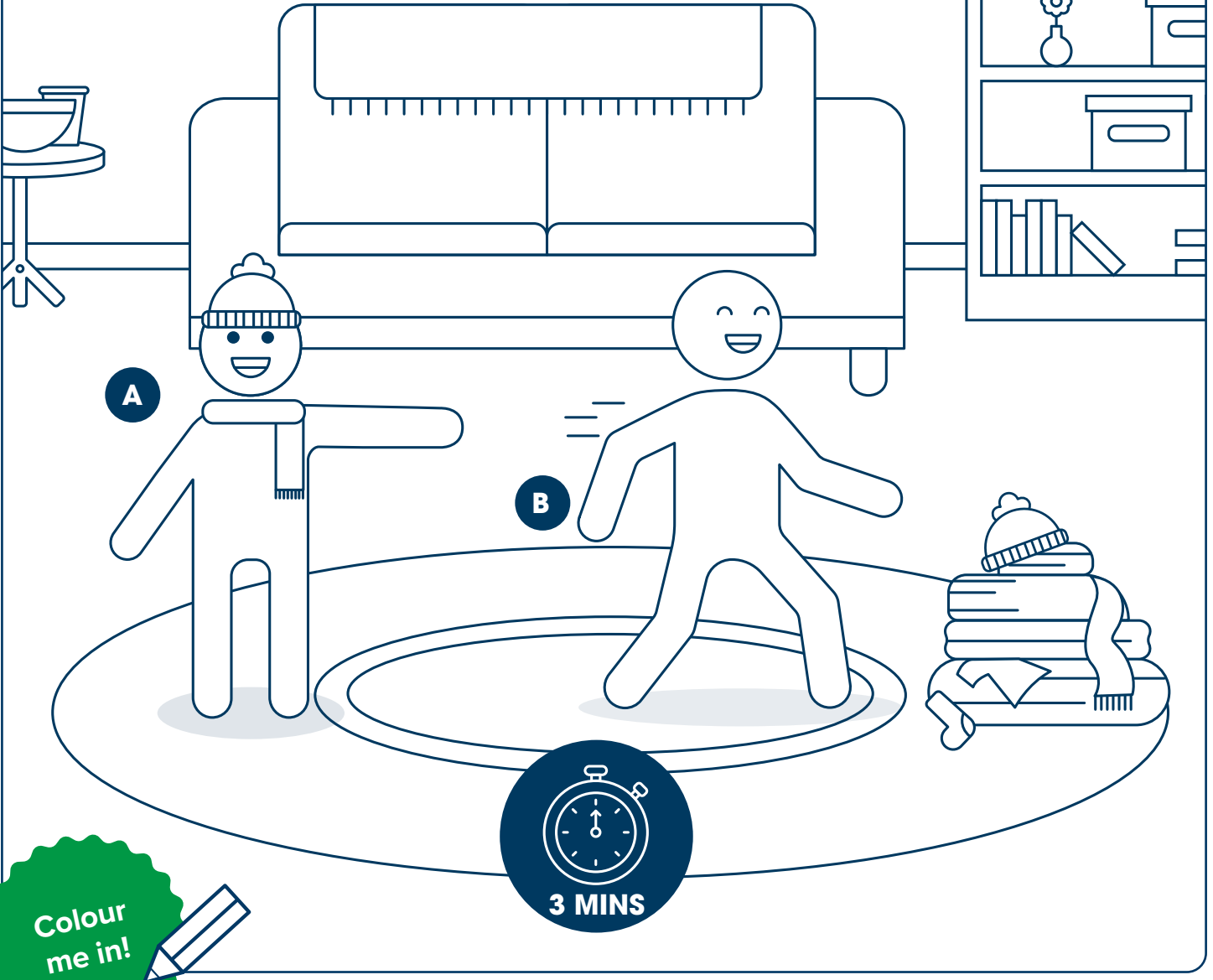
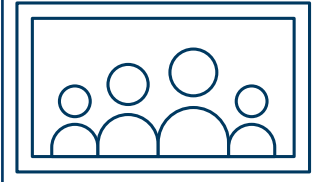


# WINTER TENS

 **A 10 minute activity to get everyone moving!**

## QUICK CHANGE

**Did you know?**  
Hanfu is a traditional clothing style in China. It consists of a robe or a jacket with a skirt.



**Colour me in!** 

10 Mins



# QUICK CHANGE

Walk & Run



## Activity type

Home

Away

Indoor

Outdoor

## Equipment

- Mixed items of clothing in different sizes
- Timer

## How to play



1

Place a pile of clothes at one end of the space. Make sure they are not your best clothes!

2

One person is the scarecrow and stands beside the other player(s) at the opposite side of the space to the clothes.

3

Play as a relay race. Set your timer for three minutes. One player runs to the pile of clothes, selects one item, runs back to the scarecrow and dresses them in that item of clothing.

4

The next player (or the same player) runs and selects another item and adds this to the scarecrow.

5

Continue until the time is up. How many items of clothing is the scarecrow wearing? Repeat to undress the scarecrow and replace the clothes. Swap scarecrows and start again.

## Variations

- Play as a race against another team.
- Place the clothes at intervals along a line, i.e. the second item is farther away than the first, and so on.
- Take the scarecrow to the clothes each time instead of bringing the clothes to them e.g. by making a human chair or wheelbarrow.

## Challenge yourself

- Can you collect more items of clothing in the time?
- Can you travel in different ways, e.g. hop instead of run?
- Can you increase the distance between the scarecrow and the pile of clothes?

## What next?



### Try something similar

Athletics, cross-country running, orienteering, power walking



### Try something different

Judo, karate, taekwondo, wrestling



Log your activity and find more Winter Ten activities and resources at [getset.co.uk/bound-beijing](http://getset.co.uk/bound-beijing)