

89. Squat race

- ◆ This is a game in which four or more people can join in and is ideal to play outdoors in an open area.
- ◆ Divide the players up into two teams.
- ◆ The first players in line have to squat down and grab hold of their ankles. They then have to squat walk to a designated area, turn around and return to the starting line to set the other team members off. They have to tag the next person's foot with their own foot before the next person in line can go.
- ◆ The winners are the first team to have each member complete the course and return to the beginning.

