

# CATERPILLAR RACE

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To play the Caterpillar Race game, follow these steps:

1. Divide the group into two teams of equal size.
2. Instruct the first player of each team to bend down and place their hands on the ground. It's essential to ensure that at least one hand is touching the ground throughout the race.
3. The remaining players in each team must reach down and grab the ankles of the person in front of them, forming a line resembling a caterpillar.
4. Give a signal to start the race, such as a whistle or a verbal command.
5. The teams must move together in unison towards a pre-determined endpoint.
6. The first team to have all its players pass the endpoint while still maintaining their formation as a caterpillar wins the game.

## Notes and Considerations for Caterpillar Race

While playing the Caterpillar Race game, it's important to keep a few things in mind:

**Detachment Penalty:** To maintain the integrity of the caterpillar formation, a penalty should be enforced if any players detach from the line during the race. The specific penalty can be tailored to suit the temperament of the group. For instance, you could have the team that detaches go back to the starting point, pause for a set duration, or perform a task that delays their progress.

**Teamwork and Coordination:** Emphasize the significance of teamwork and coordination throughout the game. Encourage players to communicate, synchronize their movements, and support each other to ensure a successful race.