

## Crows and Cranes

*Equipment:* None

*How to Play:* Divide the group into two teams. Have the two teams line up facing one another at the mid court line, about five feet apart. One side is the crows and the other side is the cranes. The leader calls crows or cranes. Whichever is called immediately turns and runs to the end line and the other team tries to catch them. If a player is caught he/she joins the other side. For example; if the leader calls cranes, the cranes turn and run and the crows try to catch them. It is a continuous activity with no winner.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.