

## ROWING GAME

# *Don't Tip the Boat*

**Recommended for:** Physical Education grades K–8, CrossFit Kids and health clubs.

**Skills developed:** Students will experience the importance of being a responsible member of a team, and will learn how to row at a steady pace.

**Objective:** Promote steady state rowing.

**Suggested equipment:** One or more Concept2 Indoor Rower(s).

**How to get started:** Divide the class into teams of 5–8 students per indoor rower (boat). Line the rowing machines up so they are facing each other. Each team should have a clipboard with their name and the number of meters they think they will row. Other team members can count the strokes rowed and keep track of the meters rowed on the clipboard.

### How to play:

Easier: Ages 5–8

1. Choose the number of strokes each student will row. Example: 100 strokes.
2. The student guesses how many meters they will row.
3. If the student rows 40 meters over or under their guess, the boat tips over.
4. As a group or team, tally up how many tipped the boat versus who kept the boat steady. If more students tip the boat than not, you are sunk.

More difficult: Ages 8–12

1. Adjust the above instructions to row more strokes.
2. Change the number of meters to 20 that the student's guess has to fall within.

Most difficult: Ages 12–14

1. Set the performance monitor to a set time of 5 minutes.
2. Cover the performance monitor with a paper bag.
3. Students guess how many meters they will row.
4. Have another student watch a clock. When the 5 minutes are up, remove the bag from the monitor.
5. If the student rows 20 meters over or under their guess, the boat tips over.

### Notes:

## Contact Us!

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