



CONQUEST

5TH & 6TH GRADE
ACTIVITY

INSTRUCTIONS: Print out the Numbers for the four corners of the room and the team leader caller sheet with ideas for how they should travel during the mad dashes

CORNER NUMBERS

1





CONQUEST

5TH & 6TH GRADE
ACTIVITY

2





CONQUEST

5TH & 6TH GRADE
ACTIVITY

3





CONQUEST

5TH & 6TH GRADE
ACTIVITY

4





CONQUEST

5TH & 6TH GRADE ACTIVITY



DASH CALL LIST FOR TEAM LEADER

1. MAD DASH **BACKWARDS** TO CORNER DIRECTLY ACROSS FROM YOU. 1 TO 3 AND 2 TO 4.
2. MAD DASH **HOPPING ON ONE FOOT** TO THE CORNER ACROSS FROM YOU. 1 TO 3 AND 2 TO 4.
3. MAD DASH **RUNNING WITH HOOKED ELBOWS** TO THE CORNER ACROSS FROM THEM AND ONE TO THEIR LEFT.
4. MAD DASH **WALKING LIKE A DUCK** TO THE CORNER TO YOUR RIGHT.
5. MAD DASH **HOLDING YOUR KNEES WITH YOUR HANDS** TO THE CORNER ACROSS FROM YOU.
6. MAD DASH **CRAWLING ON HANDS AND KNEES** TO THE CORNER TO YOUR LEFT.
7. MAD DASH **WHILE WALKING ON HANDS AND FEET** TO THE CORNER ACROSS FROM YOU.
8. MAD DASH **WHILE DOING THE CHICKEN DANCE** TO THE CORNER OPPOSITE YOU.