



CONQUEST

5TH & 6TH GRADE
WEEKLY 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





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2





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3

MAD





CONQUEST

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WEEKLY ACTIVITY

4





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.