



## RABBIT RACES

Can you and your friends or family run as fast as Peter Rabbit? Why not hold Rabbit Races to find out?

You can try these rabbit race ideas with your favourite people. What are you waiting for? Hop to it!

### Hopstaple Race

Create a 'Hopstaple Race' in your garden or park using whatever items you have to hand.

You might include:

- A zigzag slalom using anything you like as 'cones'.
- Hurdles - rolled up beach towels work a treat!
- Standing on one foot for 10 seconds.
- Walking heel-to-toe in a straight line.
- Walking 5 steps backwards.
- "Army crawling" across a blanket or sheet.
- Running through a sprinkler or fountain.



### Rabbit Relay Race

Peter, Benjamin and Lily often have to hide in a hurry in their secret escape tunnels. But the tunnels are very narrow so there's only room for one rabbit at a time...

The Rabbit Relay Race will show you how working in a team can be even more fun than racing on your own!

- Split into equal teams of at least 3 people.
- Give your team a fun name.
- Choose a start line and a finish line and decide which order your teammates will run in.
- On the word 'Go!' the first runner has to run to the finish line and back, and tag the next runner by high-fiving them!
- The second runner then runs to the finish line and back, and tags the third runner by high-fiving them and so on until everyone in your team has completed the race.
- As the last runner crosses the finish line, the whole team has to shout your team name.
- The first team to have all their runners back at the start line - and to shout their team name - wins!



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## Radish-and-Spoon Race

An egg-and-spoon race with a floppy-eared twist! Balance a radish on a spoon and try to make it to the end of the race without dropping it. When you make it to the finish line, you can munch on your juicy radish as a treat!

## Peter's Jumping Race

A race with a catch... you have to keep your feet together! Pick a start line and a finish line, then jump your way to the end.

Record the winners for each race in the chart on the next page - and don't forget to award all three badges - for skill, strength and bravery!

## EARN THESE BADGES

for completing this challenge

Well done! You have been running and racing with your friends. Ask a grown-up to cut out these badges and award them to the race winners. Everyone who takes part should receive a friendship badge for being a good sport.







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Record the winners for each race in the chart below - and don't forget to award ALL three badges - for skill, strength and bravery!

	HopstACLE Race	Tunnel Team Race	Radish & Spoon Race	Peter's Jumping Jumping Race
Fastest Runner 				
Best Teamwork 				
Best Effort 