
THE CrossFit JOURNAL KIDS

Lego-Mania

This is a Lego-themed game that uses the classic toy to get your kids both moving and thinking.

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Equipment

A boatload of Lego building blocks

Set-Up

Mark off an area that will appropriately accommodate either 100-meter runs or 30 meters of broad jumps for your class size.

Purpose

To complete a Lego-building task. The task will depend on the age of your players. Examples of tasks:

1. Players ages 4-5: Task is to create the tallest Lego building possible.

2. Players ages 5-8: Task is to create the tallest square building possible using an even number of Lego blocks.
3. Players age 9-12: Task is to create the tallest square building possible using a number of Lego blocks that is either a multiple or a factor of the number 8.

Choose a time domain for the WOD, such as 5, 7 or 10 minutes. In the given time, players must complete a physical task as well as a Lego-building task. Use creativity when coming up with Lego-building tasks.

Game Play

1. Lay out the Lego in piles of 3 at one end of the field of play.
2. Players complete a 100-meter run or 30 meters of broad jumps (or whatever physical task you choose to give them) to cover the distance to the piles of Lego.
3. Once they reach the Lego, they have the remainder of the time to complete the assigned Lego-building task.

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