**Day Three Game Challenge**

**Option 1: Ten in Ten**

Racers, your leader is going to count to ten in Swahili, a language from Africa. While your leader counts, you will try to do **ten sit-ups in ten slow seconds**.

If at least half of you complete this challenge before the counting is done, your leader can circle a country on the Africa score card.

**Counting to Ten in Swahili**

moja - [mow-ja] - (one)

mbili - [bee-lee] - (two)

tatu - [tat-two] - (three)

nne - [nn-eh] - (four)

tano - [ta-no] - (five)

sita - [see-ta] - (six)

saba - [saw-ba] - (seven)

nane - [gnaw-nay] - (eight)

tisa - [tea-sa] - (nine)

kumi - [coo-me] - (ten)