**RELAY RACES**

Relay races can be easily modified to meet the needs of all students. Relay races are great for large classes because they require high time on task and high levels of activity.

When executing a relay, the instructor has the freedom to identify different locomotor patterns to be used, various equipment to be picked up, and the ability to vary the level of difficulty. Below is a chart identifying various aspects of relay races.

**Various Movement Patterns**

Run Forward

Run Backward

Side Shuffle

Gallop

Army Crawl

Skip

Frog Jump

Hop

Scooters

**Various Items to Use**

Bean Bags

Balls

Scarves

Cones

Hula Hoops

Bubble Cones

**Increase Difficulty**

Have students hold hands with a partner when moving.

Instruct students to pick up specific colors, shapes, sizes.

If using basketballs or soccer balls, instruct students to dribble back to the line.

SET-UP: Students are split into teams. The number of teams depends on class size. Have students line up on the baseline or sideline. Items to be collected/picked up should be evenly dispersed into piles in front of each line of students. Distance can vary.

**Bean Bag Relay Example**

x x x x x BB

o o o o o BB

x, o Students

BB Bean Bags

Hula Hoop



Path Down

Path Back

**Mix It Up**: Set up teams on opposite baselines and have teams run towards each other, instead of side-by-side.

x x x x x BB BB ooooo

x, o Students

BB Bean Bags

Hula Hoop



Path Down

Path Back

Mid Court