

# RELAYS



2018-2019

# RELAYS

## STANDARDS

GRADE LEVEL	STANDARD	DESCRIPTION
<b>2<sup>ND</sup></b>	2.M.1.1	Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance
	2.C.2.1	Describe the critical elements of locomotor skills
	2.C.2.2	Identify safety rules and procedures for selected physical activities
	2.L.3.1	Identify a moderate physical activity
	2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity
	2.R.5.3	Describe the personal feelings resulting from challenges, successes, and failures in physical activity
	2.R.6.1	Identify ways to use physical activity to express feeling
	2.R.6.3	Identify ways to contribute as a member of a cooperative group
<b>3<sup>RD</sup></b>	3.M.1.1	Apply locomotor skills in a variety of movement settings
	3.C.2.1	Identify the importance of purposeful movement and its impact on quality of performance
	3.C.2.2	Understand the importance of safety rules and procedures in all physical activities
	3.L.3.1	Identify a moderate physical activity
	3.R.5.1	List ways to work cooperatively with peers of differing skill levels
	3.R.5.3	Identify ways to take responsibility for his/her own behavior
	3.R.6.1	List personally challenging physical-activity experiences
	3.R.6.3	Identify ways to celebrate one's own physical accomplishments while displaying sportsmanship
<b>4<sup>th</sup></b>	4.M.1.1	Apply movement concepts to the performance of locomotor skills in a variety of movement settings
	4.L.3.1	Identify a moderate physical activity
	4.R.5.1	Discuss the influence of individual differences on participation in physical activities
	4.R.6.3	Discuss ways to celebrate one's own physical accomplishments while displaying sportsmanship
<b>5<sup>TH</sup></b>	5.M.1.1	Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands
	5.L.3.1	Identify a moderate physical activity
	5.R.5.1	Describe a benefit of working productively with a partner to improve performance.
	5.R.5.3	Describe the influence of individual differences on participation in physical activities.
	5.R.6.3	Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.

# RELAYS

# ACTIVITIES AND SKILLS



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## **ATTENTION RELAY**

Space: Field Area

Equipment: Cones

- Formation: Six or seven teams lined up in relay formation
- Divide the class into six or seven equal teams, no more than 4 students per team.
- Players in each team are numbered consecutively from front to back
- The leader says “Attention – number 4 (or any other number)!” All number 4’s run out of the line to the right, run forward and around the cone on the turning line, back to their own line, keeping to the right, around the end of the line back into their own line
- The first number to come to attention in their own place gains a point for their team
- Numbers should be called at random, sometimes calling a number twice in succession, so that students must pay attention throughout.
- The team with the most points has “paid the best attention” and is the winner
- Variations: Math skills – The teacher can call out a math problem (addition, subtraction, multiplication or division) and the answer of the math problem would be the number that would be called out. The student would be solving math problems and must know the answer to know what student would be running out.

## **BALL BOUNCE RELAY**

Space: Shelter Area or Hardcourt

Equipment: Large rubber ball

- Bounce a large rubber ball while walking to the turning line, then pick up the ball and run back

## **FETCH AND CARRY RELAY**

Space: Hardcourt, Field Area, or Shelter

Equipment: beanbags, deck tennis rings, small objects, hula hoops

- Draw a 2-foot circle about 15 feet in front of the starting line
- 15 feet beyond that, draw another circle
- In the nearest circle, place 3 beanbags, deck tennis rings or other small objects
- The first player in each line runs to the first circle and one at a time, carries the 3 beanbags to the other circle and places them in it
- Then, that player runs back and tags the second player
- The second player runs to the far circle and one at a time, replaces the beanbags in the first circle
- This continues until each has had a turn and returned to their own position

## **OVER AND UNDER RELAY**

Space: Field Area, Hardcourt or Shelter Area

Equipment: 1 ball (any size)

- This game is like Overhead Relay
- Except that alternate players pass the ball between their legs instead of over their head

## **OVERHEAD RELAY**

Space: Field Area, Hardcourt or Shelter Area

Equipment: 1 ball (any size)

- The first person passes a ball over their head to the next person
- It is passed to each player in turn
- EVERYONE must handle the ball
- The last person runs to the turning line, crosses it, runs back and stands in front of their own team, behind the starting line (the team keeps moving back to make room) and passes the ball overhead to the next person
- This continues until all are back in their original places
- It is a foul if the ball is passed without all players having handled it
- A foul disqualifies the team

## **PUT AND TAKE RELAY**

Space: Field Area, Hardcourt or Shelter Area

Equipment: beanbag or small objects and cones

- The teacher will place a cone at the designated spots for the beanbag or small object
- The first person in each line has a beanbag or other object
- On the starting signal, that person runs forward and “puts” the beanbag on the ground just behind the goal line, then runs back and tags the second person
- The second person runs forward and “takes” the beanbag back to the next player
- This continues with alternate players “putting” and “taking” the beanbag



## **RESCUE RELAY**

Space: Field Area

Equipment: Cones

- The 1<sup>st</sup> person in each line runs to the goal line, then runs back and grasps the hand of the 2<sup>nd</sup> person in line and runs with the person to the goal line
- The 1<sup>st</sup> person remains there and the 2<sup>nd</sup> person goes back and gets the 3<sup>rd</sup> person
- They run together to the goal line, then the 2<sup>nd</sup> person stays there (behind the 1<sup>st</sup> person) while the 3<sup>rd</sup> person goes back to get the 4<sup>th</sup> person
- This continues until each player in turn has been escorted (by the person in front of them) to safety
- The first team to get lined up behind the goal line is the winner
- Teach the rescuer to turn BEFORE they grasp the hand of the next person, otherwise they may fail to grasp the hand which will be on the inside when they are side by side, making it difficult to run

## **ROCKET SHUTTLE RELAY**

Space: Field Area, Hardcourt or Shelter Area

Equipment

- Divide your class into teams of three or four and line them up on one side of the gym or playing field. Each team receives a hula hoop.
- On your whistle, the first member on each team steps into their hoop, holds it at waist level, then runs to the other side of the gym and back.
- When the first runner returns, teammate number two steps into the hoop and together, the two teammates run back across the gym. Then the third member gets into the hoop until finally, all four teammates are inside the hoop shuffling as fast as possible back and forth across the gym.
- The first team to stuff every member into the hoop and return to the start line is the winner.

## **SIMPLE RELAY**

Space: Field Area

Equipment: Cones

- The team lines up in a single file line behind the starting line
- There should be the same number on each team
- On the starting signal, the first person in each line runs forward, crosses a marked line or runs around a cone, turns around, runs back, tags the extended hand of the second player, and goes to the end of the line
- The 2<sup>nd</sup> person in line runs to the marked line or cone and back
- Tags the 3<sup>rd</sup> person and goes to the end of the line
- This continues until everyone is back into their starting place
- When the last person returns to the line, everyone in line raises their hand to show the team is finished
- The first team finished is the winner
- It is a foul:
  - For any player, other than the first one, to run before being tagged
  - For a runner to turn back before crossing the finish line
- One foul disqualifies a team

## **UNDER THE LEG RELAY**

Space: Field Area, Hardcourt or Shelter Area

Equipment: 1 ball

- The ball is rolled by the first player through the legs of the entire team
- The last player in the line picks the ball up and runs around the designated marked line and returns to the front of their line and continues rolling the ball until all players have finished their turn

## **BASKETBALL RELAYS**

- Dribble the ball to the cone and back. Now try it with one hand only. Switch hands
- Dribble with the right hand to the cone, then from the cone back to the line, dribble with the left hand
- Dribble as you shuffle to the cone and back
- Roll the ball as you run beside it (keeping it in control) to the cone and back
- Dribble the ball backwards to the cone and back
- Move the ball around your waist as you jog to the cone and back
- Dribble the ball twice with the right hand and then twice with the left hand, continually switching, as you go to the cone and back
- Shuffle sideways passing the ball to a partner around the cone and back
- Dribble the ball forward five steps, then back two steps. Keep doing this until you get around the cone and back
- Hold the ball with two hands high over your head as you run around the cone and back
- Carry the ball behind your back as you go around the cone and back
- Hold the ball between your knees and hop around the cone and back

## **BEANBAG RELAY**

- Throw the beanbag up with one hand to the cone and back. Now, use the other hand
- Balance the beanbag on your head as you go to the cone and back
- Balance the beanbag on your elbow as you have an arm bent and out in front of you around the cone and back
- Hold the beanbag between your knees as you hop to the cone and back”.
- Kick the beanbag on the ground as you go to the cone and back
- Balance the beanbag on your foot as you walk, as fast as possible, around the cone without dropping the beanbag
- Hold the beanbag using only your shirt and run around the cone and back
- Walking backwards, push the beanbag with the sole of your foot around the cone and back
- Slide the beanbag along the floor towards the cone (try to hit it), go pick it up and run it back
- Balance the beanbag between your shoulder and cheek as you go around the cone and back
- Kick the beanbag around the cone and back as you do the crab walk
- Balance the beanbag on the back of your hand around the cone and back
- Throw the beanbag from hand to hand in an arc-like fashion as you go to the cone and back.
- Sprint the beanbag to the cone and then throw it to the next person in line
- Balance the beanbag on the back of your neck and crawl to the cone and back

## **FOOTBALL RELAY**

- Hold the football like a running back and run around the cone and back
- Hold the football on its ends, with arms extended, as you go around the cone and back
- Throw the football up in the air as you run. Now, try to make it spiral. Now, throw it up so that it spins end to end
- Kick the football like a soccer ball to the cone and back
- Run with the football to the cone. Stop, and from the cone, throw it to the next person in line then run back to the end of the line
- Hold the football in the palm of one hand trying to balance it to the cone and back
- Run backwards with the football around the cone and back
- Start your turn with a small punt to yourself and run to the cone. Do the same thing on the way back
- Hold the football with both hands behind your back to the cone and back. Now try it with one hand behind your back
- Using only one hand, hold the football on your head to the cone and back
- Run the football to the cone. Leave it there and tag the next person in line. That person picks up the football and runs it back to the next person in line
- Run with a partner and continually pass it back and forth with an underhand toss to the cone and back
- The first person in line hikes the ball to the second person in line. The first person then runs to the cone and catches the throw from the second person. The first person runs the ball back to the line
- Pass the football around your waist as you run to the cone and back

## **FRISBEE RELAYS**

- Hold the Frisbee like a steering wheel to the cone and back
- Throw the Frisbee low to the ground towards your cone
- Pick it up, touch your cone, and run the Frisbee back to the next person
- Roll the Frisbee on its edge towards your cone trying to hit it.
- Pick it up, touch the cone, and run the Frisbee back to the next person
- Balance the Frisbee on your head around the cone and back
- Toss the Frisbee from one hand to the other as you run to the cone and back
- Run the Frisbee to the cone.
- At the cone, throw the Frisbee low to the ground towards the next person in line, then run to the back of the line
- Use two hands and throw the Frisbee up in the air.
- Catch the Frisbee as though you were clapping.
- Keep doing this as you run to the cone and back
- Put one foot on the underside of the Frisbee and drag the Frisbee to the cone and back.
- Try doing the same thing running backwards
- Throw the Frisbee as you normally would throw it (lightly), but to yourself.
- Do this as you run to the cone and back
- Hold the Frisbee as though it were a pizza box.
- Try balancing it
- Put the Frisbee between your knees and hop around the cone and back without dropping the Frisbee



## **HULA HOOP RELAY**

- Run around the cones while holding the hula-hoop with one hand
- Run around the cones while holding the hula-hoop over your head with two hands.
- Now try holding it overhead with only one hand
- Stand inside the hula-hoop and run around the cones and back
- Roll the hula-hoop on its edge to go around the cones and back
- Run with the hula-hoop on the floor and keep both feet within the hoop always while going to the cone and back
- Run with only one foot inside the hula-hoop as you drag it around the cone and back
- Use one hula-hoop per group.
- The first person runs around the cone holding the hula-hoop in front of them, then they come back to get the second person; together, they run around the cone and come back to get the third person, and so on... (Everyone stays outside of the hula-hoop)
- Use one hula-hoop per group.
- The first person runs, while inside of the hula-hoop, around the pylon and comes back to get the second person.
- That person joins the first person inside of the hula-hoop and together they go around the pylon.
- They come back to get the third person, and so on... (Everyone remains inside of the hula-hoop)

## **LOCOMOTOR RELAYS**

- Run around the court and back. Now try jogging or walking
- Speed walk around the court and back
- Skip around the court and back
- Gallop around the court and back
- Hop around the court and back
- Leap around the court and back
- Kick your feet out in front of you as you run to a designated area and back
- Run backwards around the court and back. Now try jogging and walking backwards as well
- Run with your arms straight up over head as you go to a designated area and back
- Run with your hands on your hips as you go to a designated area and back
- Hop on one leg and switch half-way as you go to a designated area and back
- Pretend you are an animal as you go to a designated area and back (Examples: crab, snake, kangaroo, rabbit, bear, elephant, tiger, lion, fish, monkey, etc....).
- Shuffle your feet while moving sideways to a designated area and back
- Move sideways and cross one foot over the other as you go to a designated area and back
- Move sideways and put one foot in front of the other and then put it behind continuously as you go to a designated area and back
- Run with your arms behind your back to a designated area and back
- Run with your hands on your head to a designated area and back
- Run with high knees to a designated area and back
- Do controlled lunges to a designated area and back
- Run to a designated area and do \_\_\_\_ (number of exercises) before returning (push-ups, sit-ups, jumping jacks, scissor jumps, etc....)

## **SCOOTER BOARD RELAY**

- Sit on the board and use your heels to drag the scooter board around the cone and back
- Sit on the scooter board and use your feet to push the scooter board around the cone and back as you move backwards
- Sit on the scooter board and use your feet and hands to get the board around the cone and back

## **SOCCER RELAYS**

- Dribble the ball around the cones using both feet. Keep the ball close to your body
- Dribble the ball around the cones with the right foot only. Use both sides of the foot
- Dribble the ball around the cones with the left foot only. Use both sides of the foot
- Dribble the ball backwards around the cones using both feet
- Roll the ball sideways with the bottom of one foot to the cones and come back using the other foot
- Control the dribbling of two balls around the cones and back
- With people at two ends of the field, pass and follow your pass. Go to the end of the other line
- Start the relay with a throw- in towards the cones. Chase down the ball and dribble it back
- Dribble the ball back and forth using only the inside of the feet to the cones and back
- Dribble around the cones and back by using only the outside of both feet

## **JUMP ROPES RELAY**

- Run around the cones while dragging the jumping rope behind. If the rope is too long, you can fold it in half
- Fold the rope in half and run around the cones swinging the rope from one side to the other
- Run and skip around the cones and back. Use the jumping rope the way it was intended to be used
- One person runs around the cones holding the jumping rope and comes back to the start where the next person joins them and so on
- As a group, everyone makes a circle with the rope and one person runs in the middle of the rope (without touching it) to the cones and back. Switch the person in the middle
- As a group, everyone holds the rope with two hands above their head in a straight line. The whole group runs around the cone and back. Then, before the next turn happens, the person at the front moves to the end and everyone moves up
- Two people run with the jumping rope holding one end each. Try to keep the jumping rope tight