

THE RELAY RACE

DESCRIPTION

An individual or team challenge to score as many points as possible by shooting the ball into different targets in the goal after passing through an obstacle course.



SET-UP

The course can be adapted to the needs and abilities of the groups present. It could be a simple set of cones to dribble around OR the children can be engaged in designing the obstacle course.

Suggested set-up:

● Ball(s)

● Cones, hoops or similar obstacles set up to dribble around, jump over

● Stopwatch/timer

● Paper and pen to record times

HOW TO PLAY

The objective is for each member of the relay team to get a ball through the course as quickly as possible and score a goal - the winning team is the one that completed in the shortest overall time:

- 1 Watch training video
- 2 Design obstacle course (optional)
- 3 Set up obstacle course(s)
- 4 Students put into teams (of equal size)
- 5 Each team is to complete the obstacle course in relay
- 6 Times recorded, and the winner/ winning team congratulated

OPTIONAL - EXTRA ROLES

- Referee/manager (telling pupils when to go)
- Time taker/recorded
- Course set up and reset
- Teacher in goal