

Continuous Relays

Group Size: 4-30

Age Group: 1st -5th grades

Length of Activity: 5-10 minutes

Developmental Goal: To develop eye-hand coordination and cooperation

Skills Practiced: Running, endurance, and pacing

Equipment Needed: A baton, bean bag, or other object, two cones for each team

Set Up: Place each pair of cones approximately 20' from each other (adjust the distance depending on age and fitness level). Keep two arm's length between each set of cones. Designate one side of cones to start. Students need to be divided into teams of 4-6 people.

Before You Start:

- Each team counts off—1, 2, 3, 4, 5, 6. The odd numbers of each team stay at the start cone, the evens go to the other side. Make sure students stay in numerical order.

How to Play:

- The first team member in the line runs to the other side while holding the baton or object, handing off the baton to the next person on the other side.
 - Runners need to place the baton or other object directly into the next player's hand. No throwing the object.
- Runners need to wait until it is his/her turn to go—no false starts or switching order.
- Runners need to give their best at all times. If someone is tired, s/he may slow down but continue moving.
- Runners cannot interrupt the forward progress of different teams.
- Team members continue in order until time is called.

Variation(s):

- Have students skip, crab walk, etc. instead of running
- Have easy obstacles while students run, like placing hula hoops to jump through, students need to do five jumping jacks before they hand off their baton, etc.