

LOCOMOTOR RELAY



Watch this activity demo on  YouTube 

The Goal:

To travel around the relay loop as fast as you can using different locomotor skills.

What You Need:

Cones to set up a relay loop with an exchange area and a start/stop line.

How To Play:

- Teams of 2 with 2-4 teams racing at one time.
- There are 3 rounds of relays. Round 1: Skip, Round 2: Jump, Round 3: Gallop.
- On the start signal, partner 1 will travel around the loop using the correct locomotor skill. When partner 1 enters the exchange area they will yell. "GO!"
- Partner 2 will then begin to travel around the loop.
- Each team is done when partner 2 travels the loop and crosses the finish line.



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