

V-SIT RELAY

Watch this activity demo on 



The Goal:

Move from the start to finish by passing an invisible ball over and under with teammates, and then running to the front of the line.

What You Need:

Cones to create start and finish lines.

How To Play:

- Create teams of 3-4 racers. Racers form a line with everyone 6-feet apart, sitting side-by-side with feet 3"-6" above the ground.
- On the start signal, Racer 1 passes the invisible ball from one side of their body to the other, reaching out to Racer 2. As soon as the ball is passed, Racer 1 gets up and runs to the front (toward the finish line) and then sits in V-Sit position.
- Racer 2 now passes the invisible ball to Racer 3 with the same motion. After the pass, Racer 2 quickly runs to the front of the line and then sits in V-Sit position.
- Racer 3 continues and the pattern continues until one racer crosses the finish line.



in support of

