

# LOCOMOTOR RELAY



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## 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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# LONG JUMP RELAY



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## The Goal:

Move from the start to finish using 2-foot jumps. Teammates take turns jumping.

## What You Need:

Cones to create start and finish lines.

## How To Play:

- Create teams of 2-4 jumpers. All jumpers start behind the starting line.
- On the start signal, the first jumper performs a 2-foot jump as far as they can.
- As soon as they land, the next play runs up to the landing spot and performs a 2-foot jump to continue the team forward.
- Then, the next player moves up and jumps to continue forward. This continues with all jumpers taking turns until one teammate crosses the finish line.



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# CRAB WALK RELAY



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## The Goal:

Move from the start to finish by crab-walking with teammates.

## What You Need:

Cones to create start and finish lines.

## How To Play:

- Create teams of 2-4 crab-walkers. Walkers form a line with everyone in crab-walk position, in head-to-toe formation from front to back.
- On the start signal, the first crab-walker (closest to start line) moves down the line to the front (toward the finish line).
- As soon as they reach the front, the next crab-walker can begin moving to the front of the line.
- This continues until one crab-walker crosses the finish line.



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# OVER/UNDER RELAY



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## 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, feet shoulder-width apart, facing the starting line (back to the finish line).
- On the start signal, Racer 1 passes the invisible ball over head to Racer 2 (OVER). As soon as the ball is passed, Racer 1 runs to the front (toward the finish line).
- Racer 2 now passes the invisible ball to Racer 3 by hiking it between their legs (UNDER). After the pass, Racer 2 quickly runs to the front of the line.
- Racer 3 continues with an OVERhead pass and the pattern continues until one racer crosses the finish line.



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# V-SIT RELAY

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## 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.



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# LEG PASS RELAY



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## The Goal:

Move from the start to finish by passing an invisible ball from feet, to hands, to teammate's feet.

## 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 lying on their backs, legs and arms stretches out straight.
- On the start signal, Racer 1 moves invisible ball from between their feet, up to their hands, and then reaching back to Racer 2's feet. As soon as the ball is passed, Racer 1 runs to the front (toward the finish line) and then lies back down.
- 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 lies back down.
- Racer 3 continues and the pattern continues until one racer crosses the finish line.



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