

# MILK JUG RELAY



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## The Goal:

Move the objects (i.e. milk jugs) back and forth as many times as you can in 1 minute (or another designated time).

## What You Need:

2 1-Gallon Milk Jugs per Player, Spot Markers to Mark Start/Finish Lines, Timer

## How To Play:

- Create start and end lines using spot markers. Lines can be 15-30 steps apart, or 10 pushes if you use a wheelchair.
- Fill 2 1-gallon jugs with water ( $\frac{1}{4}$ ,  $\frac{1}{2}$ , or full) and place at the start line.
- On the signal, carry the object (or objects) across the room and back as many times as you can.
- Score 1 point for each full length traveled in 1 minute.

## UDL Mods:

- Use a variety of objects and allow students to choose (e.g., soup cans, water bottles, grocery bags with objects inside.)
- Carry objects in your lap if you're pushing your wheelchair.

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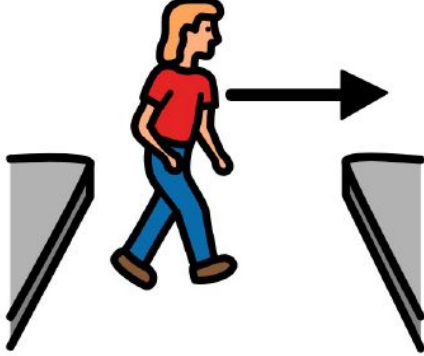
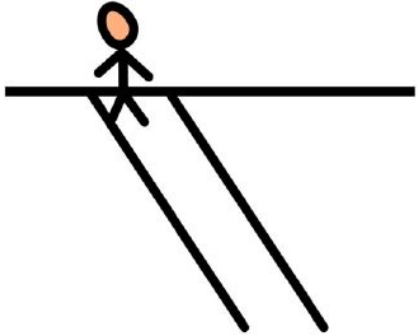


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Picture Communication Symbols<sup>®</sup> courtesy of Boardmaker 7.

 <p>Pick Up</p>	 <p>Milk Jug</p>	 <p>Move</p>	 <p>Start/End</p>
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