MILK JUG RELAY

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 (¼, ½, 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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Watch this activity demo on YouTube

Picture Communication Symbols® courtesy of Boardmaker 7.

Pick Up  Milk Jug  Move  Start/End