



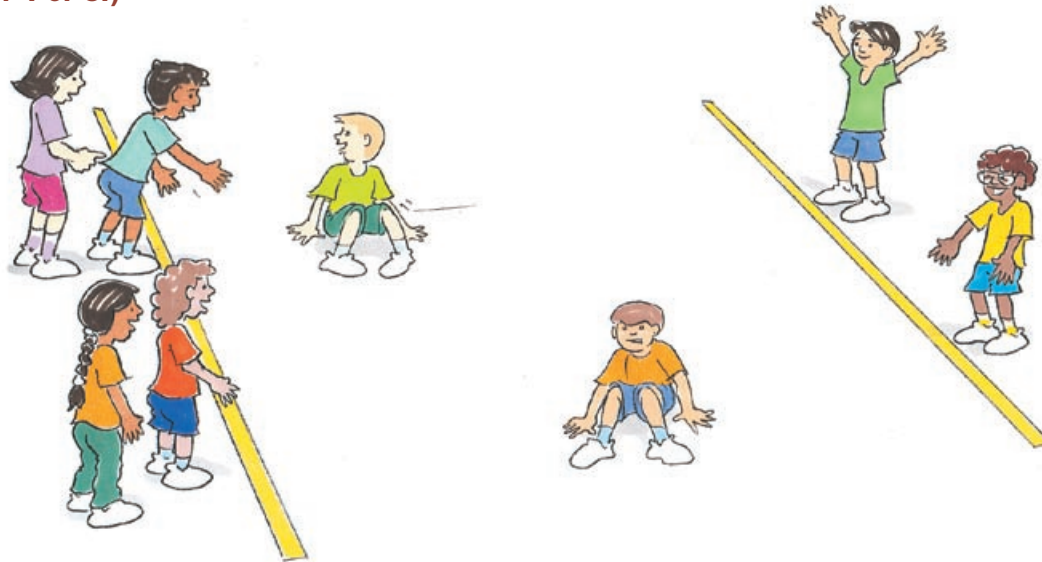
Australian Government  
Australian Sports Commission



# Racing relay

A

Players race each other in a relay, performing various movement patterns. (Play in teams of 4 or 5.)



## What to do

- > In teams, players divide and stand opposite one another.
- > Players race to the other side performing a particular skill and tag the next team member.
- > Continue until all members have completed the relay.
- > Vary the skill required e.g. walking like a crab, hopping, skipping, tumbling.



## Change it

- > Let the game run a little before any intervention — let the kids play.
- > Vary the number of times a team must complete the relay.
- > Specify 5 different skills, and allow the teams to determine which player must demonstrate the skill, and in what order.

- > Introduce equipment e.g. dribble a ball (hockey, basketball, soccer), hula hoops, juggle balls/scarves, skipping ropes.
- > Increase or decrease the space between team members, depending on the difficulty of the skill being performed.

## Safety

- > Make sure the playing area is clear of any obstructions.
- > Make sure there is enough space between groups and players.
- > If tumbling, use the appropriate mats and make sure players are confident.

## Ask the players

- > What other movements could you use to make it more challenging and fun?
- > How can we include everyone?

## LESSON LINK:

*Racing relay* combines fundamental motor skill development with the competitive element of a relay.

SESSION PLANS

Combos > Start Out MV 01A + Get Into It MV 01A + Get Into It MV 02A