

Relay Races

EQUIPMENT & MATERIALS: Large open space. Plastic cones.



Instructions

1. Divide the children into groups of 3-4 children and have them sit as a relay team behind a cone (separated two metres).
2. Set up a second cone for each team 8-12 metres away.
3. Do relay races using locomotion skills such as the following:
 - » crab walk
 - » army crawl
 - » cartwheels
 - » forward rolls
 - » hop on one foot
 - » jump using two feet
4. Each child performs the locomotion movement as far as the cone, then they run back to their team and sit down.