

RELAY RACES

Relay races make for a fun activity that can be played indoors and out. They can be adapted for any number of children, ages or abilities and can be completed as individual challenges or team games.

The rules are simple, travel around each lap, from A to B completing a different activity each time. With infinite varieties, the only limit is your imagination!

WHAT YOU WILL NEED

HULA HOOP

BEAN BAG

FRUITY BALL

BAT AND BALL

CHALK

HOW TO PLAY THE GAME

- Start by setting out your relay track, with a start and finish line (use chalk on a suitable surface).
- Prepare equipment for each lap.

ON YOUR MARKS, GET SET, GO...

LAP 1

Use your chalk to draw random circles or squares (big enough for two feet to land in) along the route and on 'Go' jump from shape to shape. If you put a foot outside the shape, begin again!



LAP 2

Balance a bean bag on your head - without dropping your bean bag, complete a whole lap. If you drop the bean bag, return to the start!



LAP 3

Use your bat to continuously hit the ball up in the air. Repeat around the whole lap.



LAP 4

Start with your hula hoop in both hands, held in front of you. Step through the hoop, bring it up over your head, back to where it started. Repeat around the whole lap.



LAP 5

Hold your fruity ball in one hand, throw it in the air and catch it with the other. Careful not to drop it!



TOP TIP:

Time yourself to see who can complete the fastest lap!

