Active Movement Relay Games

Easy Relay Ideas

Set a course with a start and finish line (which could be as short or as long as you like) and have each team member complete it:

- By running, jumping, skipping, hopping, or walking backwards.
- Run with a baton and touch a certain point eg fence, tree, run back and give the baton to the next player
- With a balloon between their legs
- Blindfolded
- With their feet tied together with a stocking
- In dress-up clothes, which they then need to pass on to the next player
- Balancing something on the head
- Bouncing or kicking a ball
- Wheelbarrow races
- Balance a balloon on a fly-swot

Hopper, Skipper, Crawler Relay

Equipment required:

Cones
Space to play

How to Play

1. Set cones up a few metres apart. You will need 4 cones per line. Each line should have 3 children.
2. Designate each child as a hopper, skipper, or crawler.
3. Hoppers should stand by the first cone in the line, skippers by the second cone, and crawlers by the third cone. The fourth cone represents the finish line.
4. Ready…get set….GO! The hoppers hop toward the second cone and tag the skippers. The skippers skip toward the third cone and tag the crawlers. The crawlers crawl to the finish line.

Dress Up Relay

Equipment required:

Cones
Items of clothing e.g. hats, skirts, shorts
Hoops
Teams of equal numbers

How to Play

1. Set up a start, finish and halfway point.
2. Place a hoop with items of clothing in it for each team at the halfway point.
3. First child in the team runs to the hoop, puts on a piece of clothing and runs to the end point, turns around and returns taking off the piece of clothing and putting it back in the hoop on the way back to the start line.
4. The next child is tagged and repeats until everyone in the team has had a turn.

Suggestions provided by Mandy Wilson, Active Movement Advisor for Counties Manukau Sport.

Ball and Hoop relay

Equipment required
Small balls
Hoops

How to Play

1. Children line up in teams. Each team has two hoops set up approx 3-5 metres apart in a straight line in front of the team (vary the distance depending on the age of the ch) - one hoop contains balls (or other objects) and one without.
2. One at a time ch have to run and collect a ball from the first hoop and place it into the second hoop, run back, tag the next player and run to the back of the line.
3. The purpose of the game is to move all the balls from one hoop to the other as quickly as possible.

Hula Hoop Game

Equipment required:
Hula Hoops

1. Children line up in equal teams
2. Each team member has to step completely through a hula hoop before passing it onto the next person.

Gumboot Throw

Equipment required:
Gumboots

1. Children line up in equal teams and throw the gumboot as far as they can.
2. After throwing the gumboot they have to run and pick it up and give it to the next player

Octopus

Equipment required:
Cut of the top off a 2 litre drink bottle and put a few holes in it. (One for each team).
2 buckets for each team
Water

1. Children line up in equal teams
2. A bucket filled with water is placed in front of each team. The second bucket is placed empty approx 5 -10 metres away.
3. Fill the container with water from the bucket and walk to the second bucket, empty the water into the bucket and return to the start passing the container to the next child.
4. The idea of the game is to get as much water as possible into the second bucket.

Walking on Ice

Equipment required:
2 half sheets of newspaper for each player
Cones

1. Children gather in teams and each team is divided equally facing each other approx 5 metres apart.
2. The first child has to put a piece of newspaper on the floor in front of them. To start the child has to stand on the newspaper with both feet. The child has to place the second piece of newspaper in front of them stepping onto it. They then have to pick up the first piece of paper without moving off the second piece of paper and place it in front of them again and repeat until they reach the next child.
3. The idea of the game is to step only on the paper (or ice) to reach the end.

Suggestions provided by Mandy Wilson, Active Movement Advisor for Counties Manukau Sport.