

TOPIC: P.E.  
GRADE LEVEL: 1 - 3  
TIME: 30 min.



## RELAYS

**OBJECTIVE:** The student will work on development of coordination and team work skills.

### MATERIALS NEEDED:

1. Large room.

### PROCEDURE:

1. Divide the class into teams of 4 or 6 by counting them off.
2. Instruct the students that they will be doing relay races.
3. Explain that the first is Duck Walk relay. A duck walk position is crouching until you are almost sitting on your heels. Hands are placed on shoulders with the elbows lifted like wings. The students will waddle forward. When they cross a certain point that is determined by the teacher, they return to their line. After touching the next person to go, they go to the side of their line and sit down. When the whole team is seated quietly on the floor, they are declared the relay winners.
4. Choose some of the ideas given on the Teacher Data Sheet.






## RELAY ACTIVITIES

**FROG JUMP:** Crouch on hands and feet, knees bent and open to the side, heels off the floor. Jump high and forward like a frog.

**SPIDER:** Walk forward on hands and feet. Toes are straight ahead, heels dropped on floor, knees straight.

**UPSIDE-DOWN SPIDER:**  Stomach toward ceiling, hips up, hands and feet on floor to support body, knees must be bent, walk in direction of head.

**BUNNY HOP:** Crouch down, feet together, arms at sides. Hop up straight and forward.

**CRAB WALK:** Crouch down, grab ankles with your hands and walk forward.

