

FITNESS RELAY

READY

EQUIPMENT:

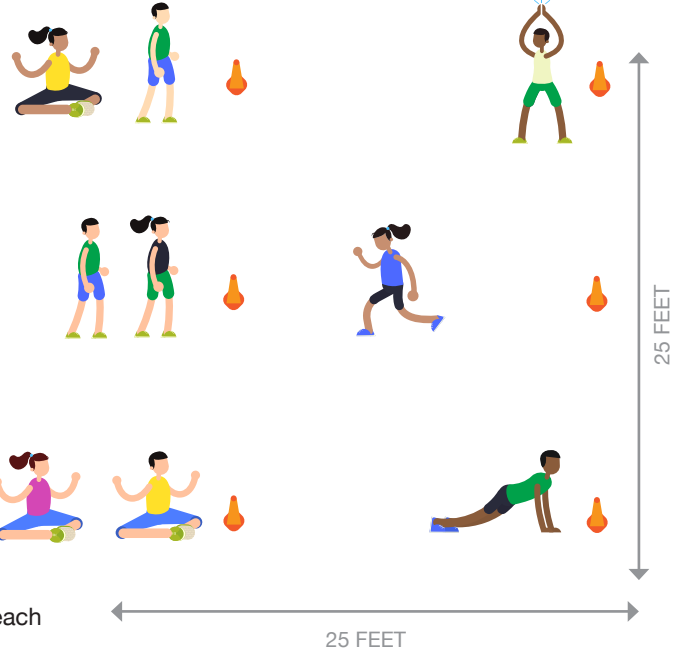
CONES OR TAPE

SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 6+

TIME: 15 MINUTES +



EXPLAIN

- 1 Players line up standing 6 feet away from each other. The leader will split players into teams of three. Set up two cones in front of each team in a straight line to mark the start and end.
- 2 The leader calls out an exercise (three pushups, five jumping jacks, eight toe touches). When the leader says, “Go!” the first player in line will run to the second cone and perform the exercise.
- 3 After the player does the exercise, he or she runs to the back of the team’s line and sits down. Then, the next player in goes.
- 4 The first team to have all players sitting down wins!
- 5 The first team to have all players sitting down wins!

✓ **For Understanding:**

- What do you do when you get back to your line?
- Where are you running to?

GAME TIP:

- Demonstrate a round before beginning the game.

CATEGORY:
BEGINNER

ENVIRONMENT:

AUDITORIUM,
CAFETERIA,
CLASSROOM,
GYMNASIUM,
HALLWAY,
LIBRARY,
PLAYGROUND

GRADES:

K–8

FITNESS FOCUS:



BACK-UP GAMES:

SPEEDWAY
HIDING NEMO
HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Skip.
- **MEDIUM:** Hop on two feet.
- **HARD:** Backpedal.