

What Did You Say Relay

Introduction: Students enjoy participating in team sports. At this age, team sports introduce children to the significance of participating cooperatively in groups to master a goal. This outdoor activity gives children a chance to listen and react to instructions during cooperative play.

Grade Level and Subject: 2nd Grade Language Arts and P.E.

TEKS: Language Arts – 1B, 3B, 14C, 15C, 17B
P.E. – 1D, 3A, 3C

Materials: Cones (or any type of markers that the students can maneuver around)

Resource: *The Ultimate Playground & Recess Game Book* by Guy Bailey. ISBN: 0-9669727-2-4

Activity: The teacher should begin the activity by asking the students what type of race they like to participate in on the playground. The teacher should listen and record the responses on the board. Once the students have listed all of the races that they can think of, the teacher should add any of the following races that were not mentioned by the students:

- Running,
- Running forward halfway and running backwards halfway,
- Crab walk (moving on hands and feet with the stomach positioned up),
- Bear walk (running on hands and feet, opposite of the crab walk),
- Skipping,
- Galloping,
- Backwards skipping,
- Hop on one foot halfway and on the other foot halfway,
- Jumping, and
- Any combination of the others.

The teacher will then have the students write a few sentences describing how they want the other students to race. For example, a student might write this: “The students should run to the cones. Then they must gallop back to the starting cone.”

Once all of the students have written their relay instructions, the teacher should place the students in groups of 3-5 players. Each team will be placed behind a starting cone. The teacher should place a turn-around cone for each team at a distance that he or she feels is suitable for the age and ability of the racers. The teacher then calls one of the students up to read his or her relay

instructions. The remainder of the students should listen carefully, as the instructions will only be read once.

When the signal is given by the teacher, the relay begins. The first player in each line races to the cone and back again, following the relay instructions that were read by the student. Once back at the starting cone, the first team member tags the next team member and goes to the end of the line. Every team member completes the relay race. As soon as all team members have participated in the relay, the team sits down. The teacher then pronounces the winner of that particular relay.

Once the teams have rested a short while, another student should read his or her set of relay instructions, and the race begins again.

The teacher might want to stretch this activity over several days depending on the amount of physical activity done by the children while participating in the various relays.

Evaluation: The teacher needs to be sure that the students are following the directions for each particular relay. He or she should observe and closely monitor each relay.



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Updated February 2016