

Back and Forth Relay

Grade Level: 3rd and up

Objectives: Students will change direction while running.

Procedures:

- 1) Divide class into two or more teams.
- 2) Have each team line up on one side of the gym.
- 3) Draw a line or use court lines for boundary.
- 4) Show students trial run having one group follow your direction.
- 5) Have first student in line run and touch the line and return to the starting line to tag the next member of his or her team to do the same.
- 6) When all members of the team have completed the task, that team sits and waits for the rest of the class to finish.

Assessment: Observation