

## **Physical Education**

The following are relays that can be used in physical education or regular education classrooms. They can be done in a gym or outside. Relays are great activities that require students to work together and cooperate. They also give them a chance to become more aware to their bodies. Relays can use many skills including changing directions while running, ball-handline, balancing, cognitive awareness, jump rope skills, etc. Relays can be used in all primary levels.

Relay

RUBRIC

5: Completes task successfully with no errors.

4: Completes task at an above average level.

3: Completes tasks at an average level.

2: Tries but does not complete task.

1: Attends class, does not try.

Safety Tips for Relays: Remind students to tag each other lightly on the hand. Any rough tagging will be cause for disqualification.