

Relays at Home

Relays at home are awesome because you can use whatever you have handy. You can play continuous or competitive relays. Relays can be played with as many people as like and can take one minute or last as long as your players energy levels. Different aged children can do them in the same team and go after one another while encouraging each other, adding to the fun.

Set up two points using any markers (cones, shoes, t-shirts etc), adjust the distance between the points dependant on the age of the players. Either make it a race by setting up two relays or just make it a challenge to see if you can do it, most importantly make it fun. Make it exciting and celebrate finishing.

1. Balloons make great relay tools – hold a balloon between your knees, or use your head/nose/elbow/knee/left shoulder and move the balloon along
2. Have two pieces of newspaper per person. Lay one piece of paper on the ground – step on it then put down the other piece of paper. Get to the end without touching the ground
3. Call out instructions each time someone reaches the start again – e.g. 5 sit ups, 3 push ups, 10 star jumps, 5 burpees etc. If you have young children use easier movements such as 3 jumps, spins, lay down then jump up or even younger children could use – touch your knees, touch your nose etc
4. Complete the relay with different movements on each rotation e.g. kangaroo jumps, bear crawl, fly like a bird, frog leaps, crab walk, duck waddle, crawl like a baby, walk like a really old person etc
5. Ball and spoon. Use a spoon and a ball/potato/rolled up paper/rolled up sock etc. Young children could use a soup ladle to make it easier if needed. Balance the ball on the spoon and either go around a cone or have some obstacles to get through – over a tree stump/under a sheet/through a tunnel/around a dog kennel -use whatever you have





6. Bats/glad wrap tubes/racquets/pool noodles also make great relay tools – balance a ball/socks, t-shirt or hit/bounce a ball
7. Solve a puzzle – run around a cone get back to puzzle and fit one puzzle piece in, run again repeat until puzzle complete – time how long everyone takes to complete
8. Use water – have an empty bucket and a bucket full of water– use a cup/soup ladle/ holey container and be the first to fill up the empty bucket
9. Straws – blow ping pong balls, tissue paper, balloons, feathers along the floor
10. Sack races – use some old pillow cases if you don't have any sacks
11. Use rubber bands or hair ties and flick a band as far as you can, repeat from where the band lands

Balls – use the ball in different ways on each turn - bounce a ball, kick a ball, throw a ball up in the air, balance a ball on your finger/hand, keep the ball in the air using your feet/knee/hands, roll a ball, spin a ball, hit a ball.

