

**SPORT  
NEW ZEALAND**

On 1 Feb 2012, SPARC  
changed its name to Sport NZ.  
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## Organisation Hints

Relays are an exciting, enjoyable activity for the daily physical activity programme. Large numbers of children can be easily organised and kept active in a relatively small space, either inside or outside.

There are endless possible combinations of activities for relays, either without gear or with simple equipment. Use the ideas in the manual to create your own relay sequences.

- Keep relay teams small – 4 should be the maximum.
- Have teams working across the area i.e. use the width.
- Have a marker cone, hoop, peg or line to show the boundary.
- Keep the distance travelled short e.g. one-third of a netball court, or the width of a netball court, approximately 5-10 metres (use the shorter distance for juniors).
- Give clear directions before you begin a relay e.g. begin on the word "Go", run to the cone, run around the cone, skip back to the team, run around the back of the team and tag the next runner. Everyone in the team has 2 turns, marching on the spot when finished.

Explain:

1. How the relay will start.
2. What to do on the way to the boundary e.g. run, hop.
3. What to do at the turn or changeover point.
4. What to do travelling back.
5. What to do when runner returns to team.
6. What the team should be doing when finished.

## There and Back Relays

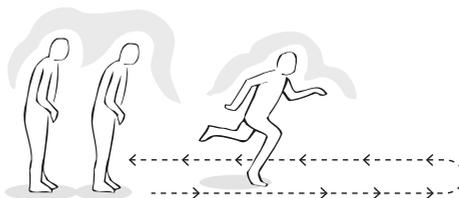
Most of the relays can be performed in a hall, on grass or on a hard surface – lines marked on a netball or padder tennis court are an advantage when organising relays. If no lines are available use cones, hoops, ropes or pegs to mark the starting line and the boundary line (this is the line the children must run to).

### Equipment

Cones or hoops for markers, 1 for each pair.

### Area

Hall, grass, hard surface – some kind of marking line is useful for starting if not using cones or hoops. Distance from starting line to boundary line should be 8-10 metres, shorter distance for juniors.



### Formation

Children in 2s, 3s, or 4s lined up one behind the other at the starting line, facing the boundary cone or mark.

### Instructions

- Number 1 travels to the boundary in the way designated by teacher – around the marker and back to team or partner – tags the next person in line who repeats the sequence.
- Number 1 goes to the back of the line.
- Repeat until whole team has had a turn at going "There and Back".

## Variation

1. Select 3 activities – 1 from each column – activities can be mixed and matched.

On the way there	At the boundary	On the way back
<ul style="list-style-type: none"><li>• Run</li></ul>	<ul style="list-style-type: none"><li>• Run around cone</li></ul>	<ul style="list-style-type: none"><li>• Run</li></ul>
<ul style="list-style-type: none"><li>• Skip</li></ul>	<ul style="list-style-type: none"><li>• Jump forward and back 3 times</li></ul>	<ul style="list-style-type: none"><li>• Run backwards</li></ul>
<ul style="list-style-type: none"><li>• Slip step</li></ul>	<ul style="list-style-type: none"><li>• Do 5 astride jumps</li></ul>	<ul style="list-style-type: none"><li>• Slip step (other leg leads)</li></ul>
<ul style="list-style-type: none"><li>• Hop on left foot</li></ul>	<ul style="list-style-type: none"><li>• Jump over the cone</li></ul>	<ul style="list-style-type: none"><li>• Hop right foot</li></ul>
<ul style="list-style-type: none"><li>• Gallop</li></ul>	<ul style="list-style-type: none"><li>• Run around cone</li></ul>	<ul style="list-style-type: none"><li>• Wooden soldier run 3 times</li></ul>
<ul style="list-style-type: none"><li>• Long, low strides</li></ul>	<ul style="list-style-type: none"><li>• 5 bounces on the spot</li></ul>	<ul style="list-style-type: none"><li>• High knee running</li></ul>
<ul style="list-style-type: none"><li>• Run with arms above head</li></ul>	<ul style="list-style-type: none"><li>• 5 hops on left foot, 5 hops on right foot</li></ul>	<ul style="list-style-type: none"><li>• Run with arms out to side</li></ul>

## Teaching Points

- Repeat each relay sequence twice through the team, especially if the combinations are complicated.
- Have the children work out some other activities to do “at the boundary” or on the way “There and Back”.



*There and Back Relays*

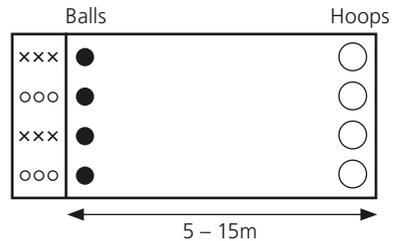
## There and Back Relays with Balls and Hoops

### Equipment

One large ball, 1 hoop per team.

### Area

Hall, grass, hard surface (an area the size of a netball court), starting line or markers and boundary lines or markers.  
Width of area 5-15 metres – use shorter distance for juniors.



### Formation

Children in 2s, 3s or 4s lined up one behind the other at the starting line facing the hoops. Select 3 activities, 1 from each column – activities can be mixed and matched.

On the way there	At the hoop	On the way back
<ul style="list-style-type: none"> <li>Run, holding ball above head</li> </ul>	<ul style="list-style-type: none"> <li>Bounce ball 5 times in the hoop</li> </ul>	<ul style="list-style-type: none"> <li>Run, holding ball behind back</li> </ul>
<ul style="list-style-type: none"> <li>Run or jump ball between legs</li> </ul>	<ul style="list-style-type: none"> <li>Drop ball to land</li> </ul>	<ul style="list-style-type: none"> <li>Foot tap the ball</li> </ul>
<ul style="list-style-type: none"> <li>Run, balancing ball on backs of hands</li> </ul>	<ul style="list-style-type: none"> <li>Throw ball in air and catch it</li> </ul>	<ul style="list-style-type: none"> <li>Run with ball balanced on palms</li> </ul>
<ul style="list-style-type: none"> <li>Run, bouncing ball with right hand</li> </ul>	<ul style="list-style-type: none"> <li>Walk around hoop bouncing ball in hoop</li> </ul>	<ul style="list-style-type: none"> <li>Run, bouncing left hand</li> </ul>
<ul style="list-style-type: none"> <li>Ball on ground – foot dribble to hoop</li> </ul>	<ul style="list-style-type: none"> <li>Put ball into hoop with feet</li> </ul>	<ul style="list-style-type: none"> <li>Run backwards dragging ball back with feet</li> </ul>

On the way there	At the hoop	On the way back
<ul style="list-style-type: none"> <li>• Bat ball along ground with hand</li> </ul>	<ul style="list-style-type: none"> <li>• Foot tap ball around hoop</li> </ul>	<ul style="list-style-type: none"> <li>• Pick ball up between elbows and run back</li> </ul>
<ul style="list-style-type: none"> <li>• Bowl the ball towards hoop</li> </ul>	<ul style="list-style-type: none"> <li>• Stand in the hoop and throw ball</li> </ul>	<ul style="list-style-type: none"> <li>• Run back, stop a short distance from team, throw ball to next person</li> </ul>
<ul style="list-style-type: none"> <li>• Slip step sideways, bouncing ball</li> </ul>	<ul style="list-style-type: none"> <li>• Pass ball around waist 3 times</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl ball to team, run and scoop up and throw it to next person</li> </ul>
<ul style="list-style-type: none"> <li>• Run, throwing ball upwards and catching it</li> </ul>	<ul style="list-style-type: none"> <li>• Stand in hoop, legs apart and pass ball in and around legs in figure 8 shape</li> </ul>	<ul style="list-style-type: none"> <li>• Run back, stop a short distance from team and bounce to next person</li> </ul>

### Teaching Point

- Other equipment can be used in a similar way – frisbees, tenniquits, skipping ropes, padder tennis bats, small balls.

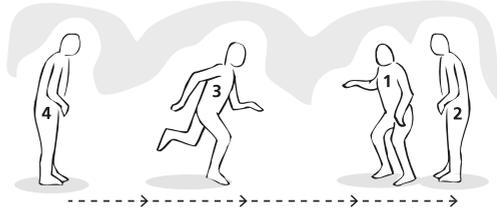
## There and Stay Relays

### Equipment

None.

### Area

Hall, grass, hard surface  
– lines or marks for starting positions and boundary lines – lines 5-15 metres apart.



### Formation

Children in teams of 2, 3 or 4 line up one behind the other.

### Instruction

- Number 1 moves to the boundary line and stays there then calls “Go”.
- On “Go” Number 2 moves across and calls “Go”.
- Repeat until all team members have moved.
- The sequence can be repeated until all children are back in their original positions.

### Variations

1. **Follow the Leader**
  - First person decides how the team should move across.
  - All other team members copy the movement as they move.
  - Second person becomes leader.
  - Repeat until everyone has been a leader.
2. **Stay and Do**
  - First person runs across to boundary and performs an activity specified by teacher e.g. 5 astride jumps then calls “Go”.
  - Repeat until everyone has a turn.

### Teaching Point

- Vary the type of movement to include skipping, hopping etc.

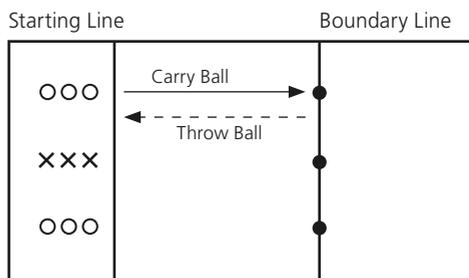
## Carry Then Throw

### Equipment

One ball per team  
(large or small size).

### Area

Hall, grass, hard surface, a starting line and boundary line 3-5 metres apart.



### Formation

Children in teams of 2, 3 or 4 lined up one behind the other at the starting line – facing the boundary line or mark. First person has the ball.

### Instructions

- First child runs with the ball to the boundary line, turns and throws to Number 2 then returns to the starting line.
- Number 2 catches the ball and runs with it to the boundary line – turns and throws to Number 3.
- Repeat this sequence several times.

### Variations

1. Bounce dribble to line, turn and throw.
2. Foot dribble to line, turn and throw.
3. Run with the ball between the knees – turn and throw.
4. Return the ball by bowling it along the ground.

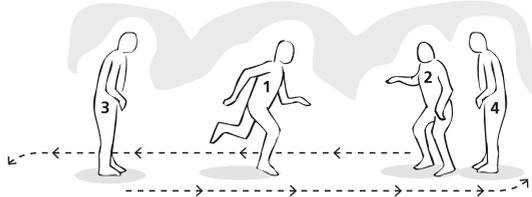
### Teaching Point

- For juniors keep distances short – encourage accuracy with throwing and catching.

## Half and Half Relays

### Equipment

Marker cones or pegs if there are no lines on surface.



### Area

Hall, grass, hard surface, a starting line and a boundary line 3-8 metres apart.

### Formation

Children in 4s – 2 children at the starting line and 2 children at the boundary line opposite – facing each other.

### Instructions

- Number 1 runs to Number 2 and tags him and stays there.
- Number 2 runs to Number 3 and tags him and stays there.
- Number 3 runs to Number 4 and tags him and stays there.
- Repeat until all children are back where they started.

## Variations

1. **Round the Back** – Formation as above.
  - Number 1 runs across the area and around the back of Number 2 and Number 4, then tags Number 2, who runs across and around the back of Number 3 and tags him. Repeat several times.
2. **Run and Copy** – Formation as above.
  - Number 1 runs across and stops in front of Number 2 and begins doing an activity on the spot. Number 2 copies the activity e.g. double hops and together they do 10-15 repetitions. Number 1 stays there and Number 2 runs across to Number 3 and performs an “on the spot” activity which Number 3 copies.
  - Repeat until everyone is back in their starting positions.

## Teaching Point

- Encourage original activities on the spot.



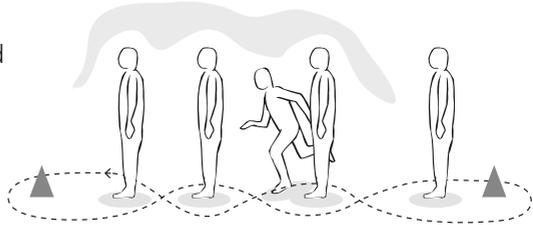
## Spread Out Relays (Zigzag)

### Equipment

Cones to mark the start and finish of the relay course.

### Area

Hall, grass, hard surface  
– total length of relay course depends on how far apart the children stand.



### Formation

Width of a netball court works well, teams of 4-5 children, with the team members evenly spaced along the whole length of the relay circuit.

### Instructions

- The back person, Number 1, begins and runs forward zigzagging around other children – around front marker then round the back marker and back to their place. Calls “Go” – or tags Number 2.
- Number 2 zigzags forward – to front marker – alongside the team to back marker then zigzags back to place and calls “Go” to Number 3.

### Variations

1. Vary the movement e.g. skipping, galloping.
2. Vary the distance between children.

### Teaching Point

- Encourage good control when zigzagging.



*Spread out relays*

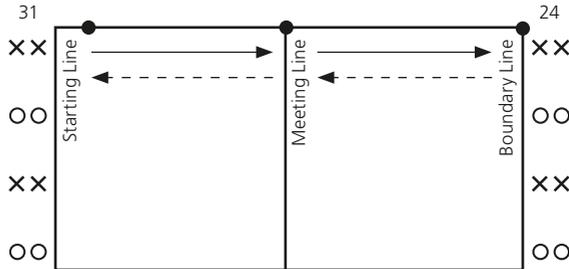
## Meet in the Middle

### Equipment

Marker cones or pegs if there are no lines on surface.

### Area

Hall, grass, hard surface (area about size of netball court), starting line, a meeting line and a boundary line.



### Formation

Children in 4s. Begin with half the children on the boundary line and half on the starting line – 1 and 2 are partners, 3 and 4 are partners; children face in towards the meeting line.

### Instructions

- On "Go", Numbers 1 and 2 run in to the meeting line and hold both hands high and clap partners' hands with a "High 10".
  - They both turn and return to their places and give the waiting team members a High 10.
  - Numbers 3 and 4 run in to meeting line, give each other High 10 and run back and give 1 and 2 a High 10.

### Variations

1. Give partners a "High 10" and a "Low 10"
2. Change the type of movement to the meeting line e.g. skip, hop
3. Change the activity at the meeting line e.g. skipping in a circle with arms linked, hands joined and sawing movement.

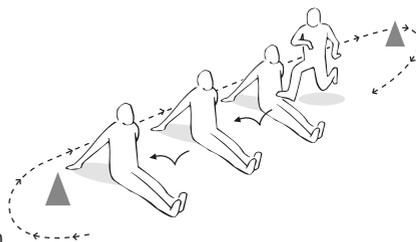
## Over the Legs Relay

### Equipment

Two marker cones – for start and finish of relay course.

### Area

Hall, grass, hard surface – total length of course 8-20 metres – shorter distance for juniors.



### Formation

Teams of 4-6 children – team members evenly spaced along the course, length of the relay from 1 to 3 metres apart. All children sit down side-on to the direction of travel.

### Instruction

- Back person begins on “Go”. She stands and runs forward jumping over the legs of all team members, and she runs around the cone at the front of the team, alongside team and around marker and back to her place.
- Once seated, Number 1 calls “Go” to Number 2, who jumps over legs on the way forward etc.
- Repeat the sequence until everyone has had a turn.

### Variations – Leap Frog Relay

1. Formation as above – but team members crouch down with heads tucked under.
2. Back person begins and leap frogs, or steps, over team members as they make their way to the front.
3. Repeat sequence as above.

### Teaching Point

- Care is needed when working on hard ground.

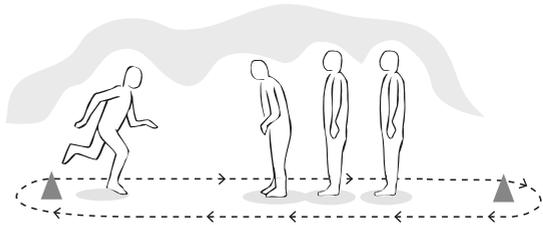
## Chase the Tail

### Equipment

Marker cones to show front and back boundaries.

### Area

Hall, grass, hard surface.



### Formation

Teams of 4-6 lined up in single file all facing the same way – marker cones or lines as shown.

### Instruction

- Number 4 starts and runs forwards and around front marker, alongside the team and around the back cone and back to the front cone again.
- As Number 4 passes Number 1 for the second time the whole team follows around the front cone down and around the back cone and back to their places.
- Number 3 is now the back person and becomes the new runner.
- Repeat until everyone has had a turn.

### Variation

1. Change the activity to skipping, galloping etc.

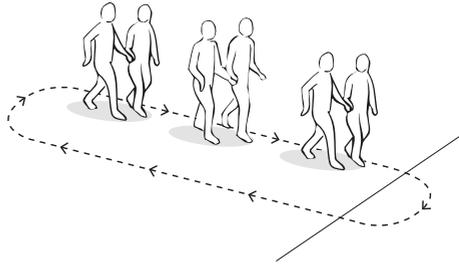
### Teaching Points

- Demonstrate this relay with 1 team under close direction from teacher.
- Each runner does 2 circuits – 1 on his own and 1 with the team chasing him.

## Paired Relay

### Equipment

Cones, lines markers to show starting line and boundary line.



### Area

Hall, grass, hard surface – 5-8 metres between start and boundary.

### Formation

Children in 4s (two pairs per group). Pairs stand one behind the other behind the starting boundary line, hands joined.

### Instruction

- First pair with hands joined runs to the line and back.
- Second pair repeats.
- First pair runs backwards there and back; second pair repeats.
- Continue – with teacher calling a different type of movement for each lap.
- Hands remain linked throughout.

### Variations

1. Skipping, hopping, galloping, sideways slip step – both hands joined. Back to back – elbows linked – 1 moves forward, 1 backwards. Back to back – elbows linked – side-on – both move sideways.
2. Ask each pair to find a new way of moving – with 1 hand linked.

### Teaching Point

- Stress safety when the children are creating their own moves, especially with carrying activities.

## Non-Stop Relay

### Equipment

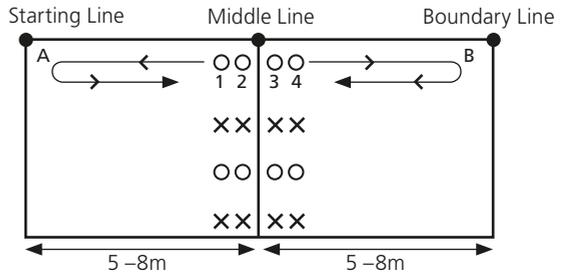
Marker cones, pegs or lines.

### Area

Hall, grass, hard surface,  
set out as in diagram.

### Formation

Children in 4s lined up at a central point.



### Instruction

- On "Go" Numbers 1 and 4 start together, 1 runs to line A and back to team, 4 runs to line B and back to team.
- When 1 and 4 return to team they "touch off" Numbers 2 and 3.
- 2 runs to line A, 3 runs to line B.
- When 2 and 3 return they both "touch off" 1 and 4 again.
- Repeat several times.

### Variations

1. Change the activity to the boundary lines e.g. hop, skip etc.
2. Vary the distance to the boundary lines.
3. As Numbers 1 and 4 return to the team have them skip a circle with Numbers 2 and 3 before they begin their run.
4. An activity can be added at the boundary line e.g. astride jumps, side-to-side jumps.

### Teaching Point

- The two children waiting at the mid-line should keep moving on the spot, especially on cold days.

## Tunnel Relay

### Equipment

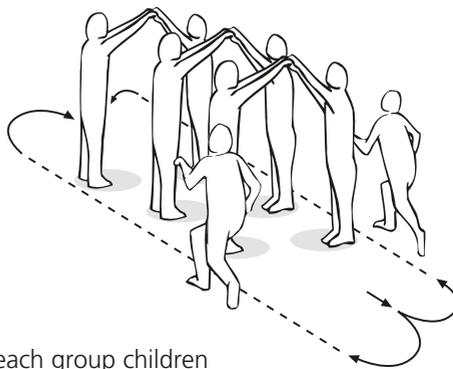
Cones to mark front and back of relay course.

### Area

Hall, grass, hard surface.

### Formation

Children in groups of 6-8. Within each group children pair up and stand with partners facing each other and arms stretched up to form arches – partners 1-1.5 metres apart.



### Instructions

- On teacher command first pair moves to the front marker separately and turn outwards and run down to the back markers.
- Partners meet – join hands and move through the tunnel and back to their places.
- Second pair begins moving as soon as the first pair returns to their places – they run under the arch made by 1st pair, around the cones etc.
- Repeat until everyone has had a turn.

### Variations – Skin the Snake Relay

1. Formation as above – first pair turns inwards and moves through the tunnel to the end of the line where they line up. Second pair does the same – the remainder of the team must keep moving forwards as each pair moves to the back of the team.
2. This tunnel relay can be done with the whole class.

### Teaching Point

- Ensure that the children keep moving forwards in “Skin the Snake” relay.



*Tunnel Relay*

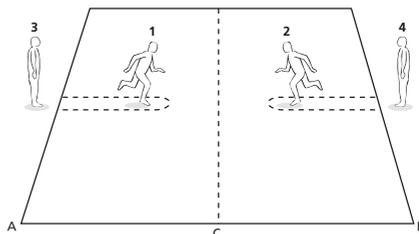
## Exchange Relay

### Equipment

Two bean bag bands or batons per team, cones or markers to mark start and boundary.

### Area

Hall, grass, hard surface – painted lines are an advantage.



### Formation

Teams of 4 with 2 children on each boundary line standing opposite each other and facing into the middle line.

### Instructions

- Number 1 and Number 2 have a baton (or similar) each.
- On "Go", Numbers 1 and 2 run in to meet at C – they exchange batons, turn and run back to Numbers 3 and 4 and hand them the batons.
- Numbers 3 and 4 repeat the sequence.
- Repeat several times.

### Variations

1. Vary the type of activity – galloping, slipping, hopping.
2. When children exchange batons have them simultaneously throw to each other (as in Māori stick games).

### Teaching Point

- Although daily physical activity is a non-competitive activity it sometimes adds interest to an activity to add an element of competition – see which team can complete 10 exchanges first e.g. which team can complete 10 exchanges without dropping the baton.

## Circle the Bases

### Equipment

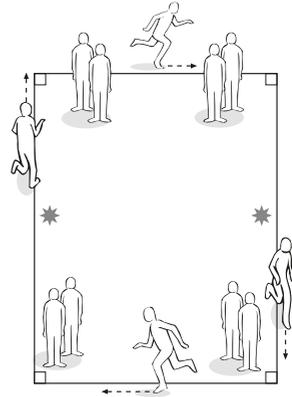
Four cones to mark corners (e.g. use lines).

### Area

Hall, grass, hard surface – an area 20-25 metres square.

### Formation

Groups of 4 children set out as shown in diagram. If additional teams are required they can be placed at the \*.



### Instructions

- On "Go", first runner for each team runs in a clockwise direction around the perimeters and returns to her team.
- When tagged by Number 1 the 2s repeat the sequence – Number 1 moves to the back until each child has had a turn.
- Waiting team members could jog or bounce on the spot or perform an activity directed by the teacher.

### Variations

1. Change the activity around the perimeter – marching, skipping, walking.
2. Two children from each team run at once.

### Teaching Point

- This relay can be adapted for ball skills – the runners can bounce, dribble or foot dribble a ball around the perimeter.



*Circle the Bases*

## Wheel Relay

### Equipment

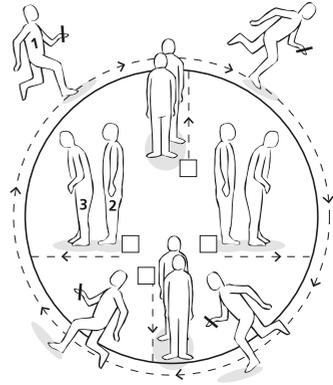
Two cones per team, 1 baton or band per team.

### Area

Grass, hard surface.

### Formation

Groups of 3 or 4 children lined up one behind the other like the spokes of a wheel.



### Instructions

- A cone is placed at each end of the team.
- First runner, nearest the centre, has a baton – on “Go”, Number 1 runs around the team and in a clockwise direction around the outside of all other teams.
- When 1 returns to team line they line up at outer end and pass the baton down the line of team members to the next runner, who repeats the sequence.
- Repeat several times.

### Variations

1. Use a ball instead of baton. Runner carries, dribbles or kick taps it as she runs.
2. First runner zigzags in and out of team as she begins her run.
3. Two children from each team run at the same time.

### Teaching Point

- Keep the teams small – maximum of 4. If classes are large increase the number of teams and make the circle larger.

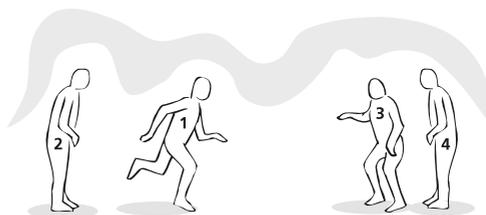
## Fireman's Bucket (Rescue Relay)

### Equipment

Cones, hoops or lines to use as markers.

### Area

Hall, grass, hard surface  
– running distance 5-6 metres.



### Formation

Children in groups of 3 or 4 lined up one behind the other – all facing the boundary line.

### Instructions

- Number 1 is the “Fireman”. He takes Number 2’s hand and runs with him to the boundary line and leaves him there and runs back to the team.
- Number 1 now takes Number 3 over to the other side, then Number 4 – all team members are now opposite where they started.
- Number 2 now takes each person in turn back to the other side.
- Repeat this sequence until all members have had a turn at being fireman.

### Variations

1. Change the activity to skipping, galloping etc.
2. Increase the running distance.

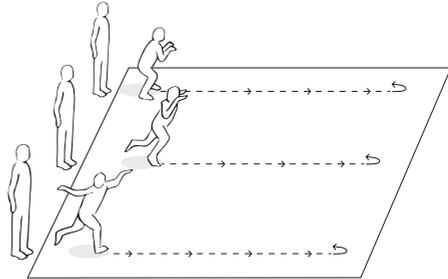
## Animal Antics Relay

### Equipment

Cones or marking pegs for boundaries.

### Area

Hall, grass, hard surface– running distance 3-5 metres.



### Formation

Children in pairs – lined up one behind the other facing a boundary line about 5 metres away.

### Instructions

- Children take turns to move to the boundary line and back imitating the movements of a well-known animal nominated by the teacher.
- Kangaroos – hold hands together at chest height and jump with both feet together.
- Elephants – lean forward with bent knees arms straight and hands clasped – swing arms from side to side.
- Suggested animals: Prancing horses, hawks or eagles, stalking cats, caterpillars, galloping horses, crabs.

### Variations

1. Have children think of their own animals to copy.
2. Children could move freely about the area imitating an animal – other children could try to guess what each animal is.

### Teaching Point

- Encourage originality – allow children to develop their ideas – children work in pairs to produce the movement pattern of 1 animal.



*Animal Antics Relay*