

RELAY RACE

- Place your starting line/marker on the floor and a change over line/marker 50m away.
- 2 runners begin on the start line and the other 2 runners wait on the change over line.
- Runner 1 carries the baton/object to runner 2 who is waiting on the change over line, they then return it to runner 3 on the start line, runner 3 returns to the change over line and passes the baton/object to runner 4 who runs back to the start/finish line.
- This event can be run as a race between pupils or a timed event for individual teams (depending on space)

TOP TIPS

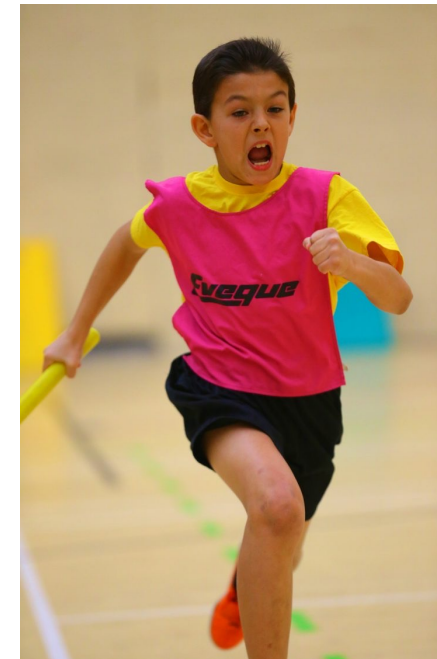
HOW CAN YOU PASS THE BATON IN THE QUICKEST AND SAFEST WAY, TO ENSURE YOU DON'T DROP IT?

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO START AND FINISH.

BATON- ANY OBJECT THAT CAN BE CARRIED IN ONE HAND AND PASSED BETWEEN RUNNERS

STOPWATCH- WATCH, PHONE, ANYTHING THAT CAN TIME YOUR RACE



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