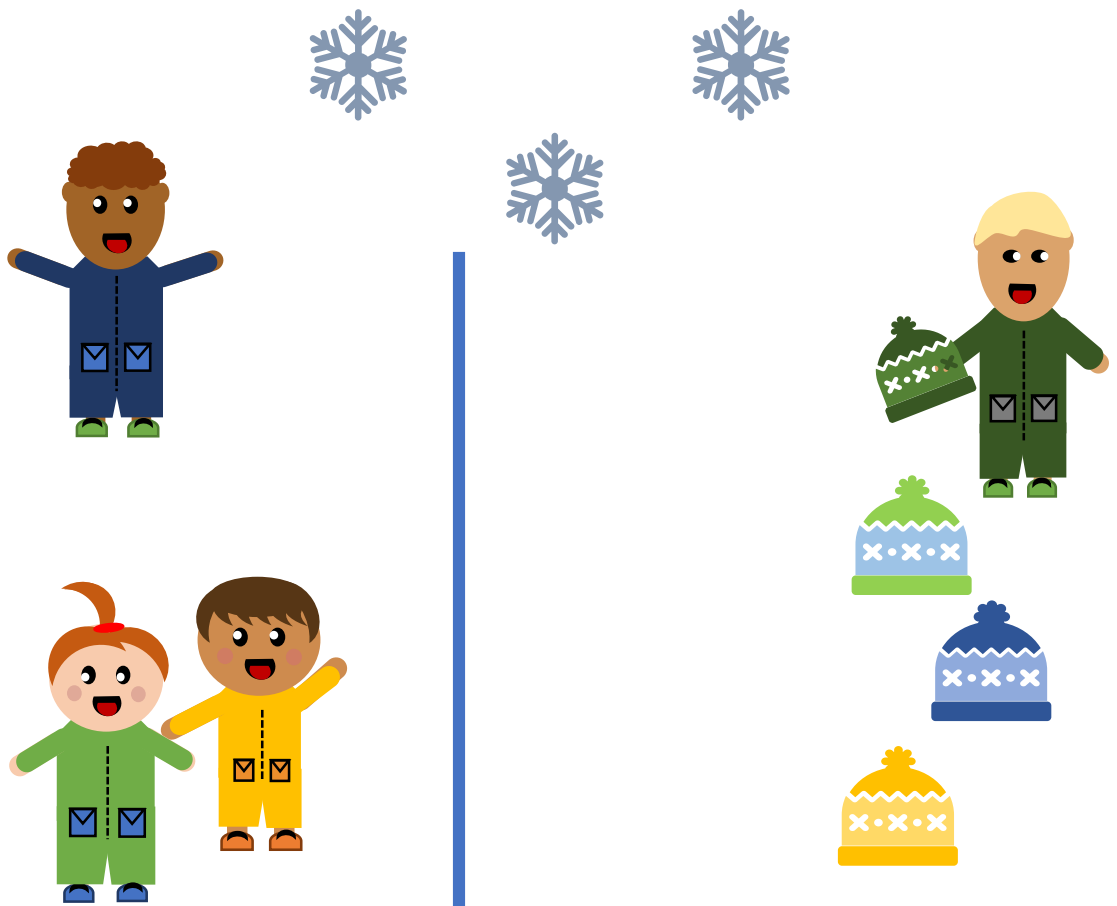


MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY



HAT RELAY RACE



HAT RELAY RACE

Objective

In the Hat Relay Race, the children are exposed to moderate to vigorous-intensity physical activity by using gross locomotor skills.

Equipment

Hats or mittens

Instructions

1. Divide the children into teams and mark out a play area.
2. Place the hats and/or mittens on one side of the area and line up the children on the other side.
3. The first one in the team runs across the play area and puts on their hat. The child then runs back and the next child in the team runs across and finds their hat. Continue this way until all the team members have found their hat.
4. If the relay also includes mittens, each child runs two extra rounds to put on their mittens as well.

Tips

- Remember to have a few members in each team to avoid long queues.

Variation

- A variation of the game is to place a lot of equipment, for example, spades, buckets, sticks, etc., available in the outdoor play area in the centre of the play area. The children stand on each side of the play area. Now the teams shall collect as many items as possible on their side of the play area. All the children can run at the same time, but it is only allowed to pick up one item at a time. The team that collects most items wins.