



# RELAY RACE



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## Objective

A relay race will have high-intensity intervals when the children exchange to run their own leg. In a relay race, the children must also cooperate and be in a team.

## Equipment

Relay batons

## Instructions

1. Make a relay course.
2. Divide the children into groups of three or four children.
3. Split the course into short legs, and let the children run their leg and exchange with one of their team members.

## Tips

- To avoid the children standing still for a long time during the legs, it is important that the legs are intensive, but relatively short. The children experience being an important part of a team, and find motivation to do the best for their team.
- There can be several teams, but avoid competition. For instance, let the children run around the preschool starting at different places. Everyone follows the same relay course, but no one has the same start/finish line, and therefore are not competing with each other.
- The children find it motivating when the adults join in a leg or compete with a team.

## Variation

- As a variation to just running, you can add some obstacles in the relay course - either natural obstacles or equipment.