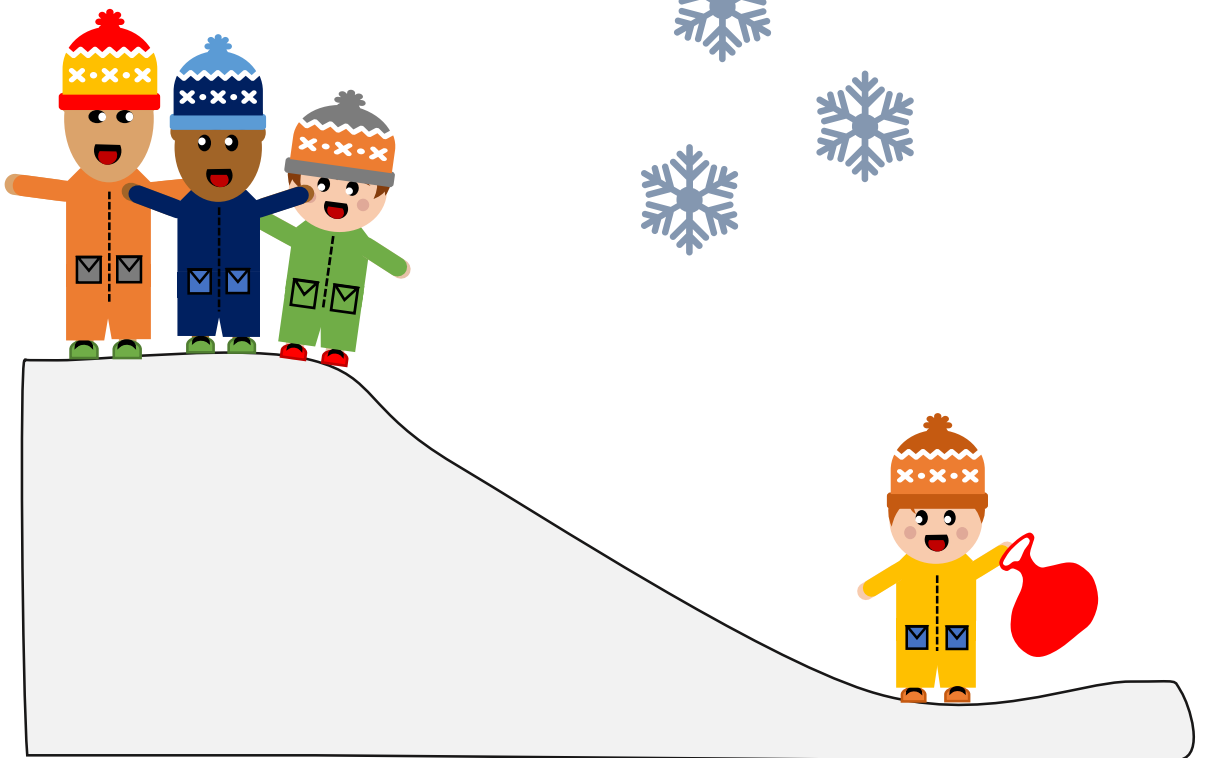




TOBOGGAN RELAY RACE



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Objective

In the Toboggan Relay Race, the children play at a moderate to vigorous-intensity interval level by running up a hill. This activity requires concentration and self-control in that the children must be ready when it is their turn and they must also wait for their turn.

Equipment

Bum sledge
Small hill

Instructions

1. Find a hill with a suitable incline and slope length for the group of children playing.
2. Divide the children into teams.
3. The first child in each team is given a toboggan sledge.
4. The first child sledges down the hill, then runs up again and gives the sledge to the next child on their team.
5. The next child sledges down and the game continues until everyone has sledged or sledged a specific number of times.

Tips

- Agree in advance on how many children will be sledging and where they will run up to avoid collisions. Make sure that the distance between the teams is long enough to prevent them from sledging over each other.