

Hurdle Relay

Age:	4 - 11 Year olds
Participants:	1 - 30
Time:	10 Minutes
Equipment:	Different sized sets of hurdles, hoops, flat markers, cones, 2 beanbags

Skill(s):



Jumping



Running

Set Up:

- Set up hurdles spaced 2 metres apart for two relay courses (more if you have a large group)
- Start with small hurdles if working with younger children
- You can also add hoops and other jumping obstacles to extend the course
- Place a cone at either end of the course
- Divide group into even teams for the relay and half of each team stands behind a cone at either end
- The first person in the line holds a beanbag



Description:

On the coach's call of 'Ready, Set, Go' the child at the front of each line holding the beanbag completes the course and hands the beanbag to her teammate at the other end to then complete the course in the opposite direction. Keep going until everyone in team has had a turn.

The first time the children complete the relay focus on:

- Take-off on two feet and land on two feet jumping

The next time let them have a go at:

- Take off on one foot and land on the other foot (leap)

You can also try:

- Take off on one foot and land on two feet jumping
- Take off on two feet and land on one foot jumping

Variations:

- Make relay courses longer with larger gaps in between hurdles
- Add more obstacles
- Finish with a sack race relay

Teaching Points:

Jumping

- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
- Land as quiet as a mouse
- Swing & Spring
- Reach for a star and bring it down again

