



SETUP

Prepare for the Activity

- Find a loop course and place cones on it to designate handoff locations.
- The number of handoff locations depends on the number of runners.
- There should be one more runner per team than there are handoff locations.
- There should be at least three runners per team.
- Depending on your participants' fitness, you can make the handoff locations anywhere from 25 meters to 100 meters apart.

Introduce the Activity

- Tell your participants the name of the game and its purpose. Say something like, "Today we're going to run a relay where everyone will get to run more than once. The relay is about having fun and running fast, using everything you've learned about running form and pacing this year."
- Explain that participants will be split into teams, and runners will be placed at each of the handoff locations. The first runner for each team will race to the first handoff point and hand off the baton to their teammate, who will race to the next handoff point, and so on. Tell them this: "Once you hand off, you wait there for the baton to come around again. The object is to race around the course and be the first team to have all teammates return to their starting positions."
- Tell the participants to be sure to cheer on their teammates!

INSTRUCTIONS & CUES

Instructions

- Split participants into closely matched teams with two to five participants per team.
- Place a participant from each team at the starting line and other participants in designated exchange zones.
- On your command, the first runners run to the first exchange zone. They hand off their batons to their teammates, who run to the next exchange zone while the first participant stays and rests until the baton comes around again.
- Continue until the indicated time has elapsed, the number of laps is completed, or you choose to stop the exercise.

- This activity can be done once or repeated a number of times (see additional considerations).
- Runners should be able to maintain a consistent pace for all intervals.
- If runners are losing form, consider stopping to allow time to rest, then resume.

Active Rest

- Consider having resting participants continue to walk around the track between relays rather than waiting in their exchange area. The exchange can take place when the other runner is caught.

Managing Speed and Intensity

- To manage intensity, adjust the distance between runners, the number of runners per team, and total duration of the relay.
- To manage speed, place exchange zones no more than 50 meters apart, and have runners completing no more than three or four relays within a single repetition and rest three to four times longer than they are running.
- To manage endurance, reduce the number of runners on the team or increase the distance being run and the total activity duration.

Assess the Students

What to watch for:

- Good general running form.
- Running with a fast but even pace throughout the activity.
- Strong effort.

Direction cues to share with participants:

- “Run steadily! Keep a good pace!”
- Various form cues from your previous lessons as needed, such as: “Swing those arms, bang those drums!”
- “Land light on your feet, like you have feathers on your back!”
- “Find your just right stride. No monster strides!”
- “Run tall!”

Note: Only give a participant one direction at a time.

Discussion

When you've completed Continuous Relay, talk to your participants about their experience with the activity. Here are some sample questions to get you started:

- Was it hard to keep the same pace from your first turn to your last? If so, why do you think that was? What could you work on to do better? (pacing and/or endurance)
- Does it help to have your teammates cheering you on?
- When you're part of a team, does it make you want to run faster?
- What do you have to do to run fast? How do you use your arms and legs when you're sprinting? (Take quicker steps, lift your knees more, pump your arms more)

Differentiation Strategies:

- After each race, make new teams so participants can run with other friends.
- As the runner tags a hand or hands off a baton they have to name their favorite fruit before the other participants can start running.
- Depending on grade level, have the participants run shorter distances (50 meters) for the younger participants and longer distances (100 meters) for the older participants.
- If you have participants that aren't involved in a heat, have them do sit-ups, curl-ups, planks or another exercise while they wait for their turn.

UDL Strategies:

- Participants with physical disabilities, especially those who use mobility aids may not be able to move themselves and hold onto a baton (or another object). Consider directing participants to high-five each other, or repeat a pre-determined word or phrase instead of using a baton.
- Be mindful of participants with vision impairments, use a short piece of rope or a small towel as a tether to guide participants with vision impairments while they run. Use auditory cues to support participants with vision impairments as they exchange the baton.
- Consider having different options that participants can use instead of a baton, such as a sensory ball or something squishy with a lot of texture.
- Use floor tape or cones to delineate where the starting line is and where the exchange zones are.
- Preview this activity with participants by directing them to walk through the actions to understand where to wait, exchange the baton, and run.
- Allow adequate space (32" in width) for a participant who uses a wheelchair or mobility device to maneuver around their peers.
- Have the set distance marked out so participants know where they are running to and how far they have to go.
- Have multiple distances from short to long and allow the participants to choose where they want to start.
- Give participants a sticker or popsicle stick every time they make it to the front. Then have them turn in stickers or sticks for a reward.
- Give each team colored flags or shirts to designate who is on which team.
- Have participants run with a partner, so they know where they are going to go.
- Have participants ambulate in different ways: walking, jogging, or sprinting.
- Have one big group relay competing for time, so the group isn't divided. Participants who are not actively running should be cheering on other participants or performing other exercises.