



These Play for Life games help to develop decision making and communication skills. This will help your child hone specific movement skills, required for certain sports and expertise at a later stage of development.

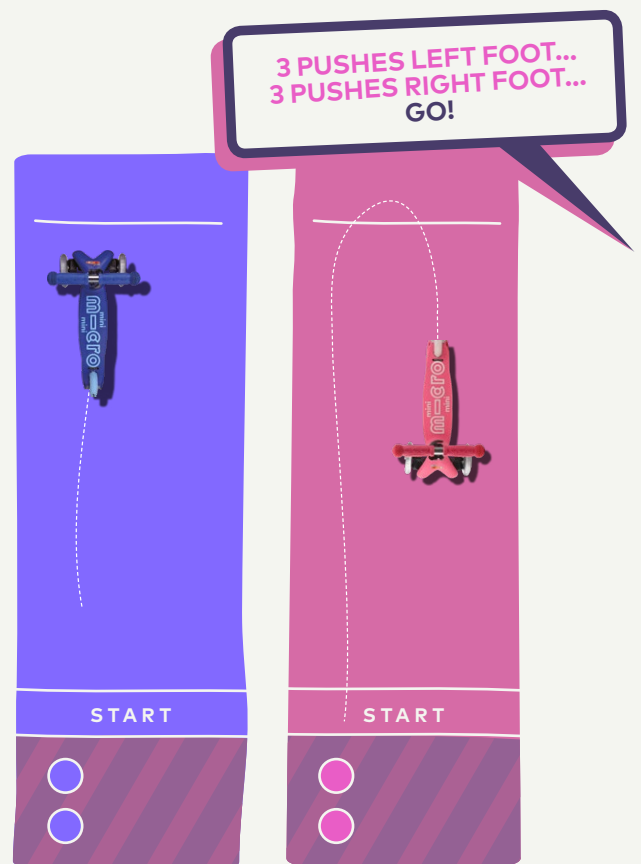
RELAY RACES

PURPOSE OF GAME:

Reaction time, balance, fitness, acceleration/deceleration control, cognitive challenge with changes in command

HOW TO PLAY:

1. Choose a course length for the relay races and mark one end as the starting line and the other as the end line.
2. Divide the children into two groups and stand in parallel lines behind the starting line.
3. If you have varying ages and stages, ensure there is an equal level of ability on each team.
4. Each relay race utilises the same scooting style eg. scoot with Right foot for three pushes, then swap to left foot for three pushes then repeat; Push once and balance until you come to a stop and repeat.
5. On the shout of "Go!" the first child in each group makes their way down the course to the end line and then returns to the starting line, whereupon the next child can start their leg of the race.
6. The winning group selects the next racing style.



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