

Relay Race Inspiration

The basic setup of a relay race is that one person starts the race, then passes the baton to the other person at the halfway point. The second person finishes the race. You can change it up so that the children can find further enjoyment and creativity in the experience through adding some challenges:

- 1 person runs forward
- 1 person runs backwards
- 1 person jumps in a pillowcase or potato sack
- 1 person walks
- 1 person crab walks
- 1 person bear walks
- 1 person hops
- 1 person skips
- 1 person rolls
- 1 person crawls
- 1 person can hopscotch
- 1 person can lunge
- You can go as fast or slow as you can and time your relay