

24 Minutes Relay For Life Activities for PE Class

Depending on the size of your track you may need more or less than the listed items. These are just some suggestions to help you get an idea on how I do the 24 minute Relay at Green Township and South.

As students arrive:

Hands in the middle: Chant: Let the Relay begin!

1. Run 1 lap
2. Skip 1 lap
3. Dribble a ball 1 lap
4. Chew Bubble gum 1 lap
5. Bounce a ball on a racquet 1 lap
6. Blow bubbles 1 lap
7. Toss a bean bag with a partner 1 lap, try not to drop the bag
8. Grapevine step 1 lap
9. Walk and talk 1 lap
10. Walk backwards 1 lap
11. Jump Rope 1 lap
12. Do your favorite one 1 lap

I have tried using things to balance on their hand as they walk one lap, but depending on the wind, it can be tough...feathers, cotton balls, bean bags, etc.

We have also tried doing the Macarena and the YMCA as they walk a lap

Good Luck!

Ann Jackson