

Athletics:

Running/Moving – Endurance Relay

A team relay that develops ability around sustained running and moving; this game also creates a competitive challenge between athletes of different ability.

What you need

- Indoor or outdoor area appropriate to the size of the group.
- Bean bags.
- Hoops, boxes or bins.
- Marker discs or cones.
- Assorted other equipment for variations.

How to play

- Create two running course loops within the playing area; both loops start at the same point, but one covers a shorter distance within the larger main loop course.
- Divide the group into two teams, based on running/moving ability; faster-moving athletes run on the larger loop; the other team uses the shorter course.
- Place a plastic hoop or box for each team at the start/change-over point.
- Each athlete carries a bean bag.
- On the start signal, an athlete from each team travels around their loop; as they return to the change-over point they drop their bean bag into their team hoop and the next athlete sets off.
- The first team to complete all their legs and successfully place their bean bags in the hoop wins!

Think about

- How the athletes feel after completing each loop; discuss the effects with them.



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Use the *STEP* model to modify this game:

Space

- The distance to be covered can be varied according to the ability of the athletes; for example, additional loops for athletes of different abilities can be added.
- Young people within the same team can travel different distances depending on their individual ability.

Task

- Additional tasks can be added at the change-over point; for example:
 - aiming a basketball or netball at a basket or netball goal
 - rolling a ball to knock down skittles.
- At different points around the loop, athletes can be asked to perform another task; for example, simple exercise stations at different points on the course.

Equipment

- A variety of balls, targets and other equipment can be used to extend the activity challenge at the change-over.

People

- Increasing the number of athletes in each team can provide more rest and recovery time between legs; decreasing the number in each team reduces rest time; numbers can be reduced progressively to challenge endurance.

Safety

- Ensure that athletes can move around their loop without interfering with runners in the other team.

How to improve

- Encourage young people to think about sustaining their effort over the whole course; for example avoid setting off too quickly!

Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

For more information about primary and secondary school athletics activities see

<https://www.englandathletics.org/>

Extension game -Against the clock

A time limit can be set; teams continue to changeover to see how many laps they can complete before the time is up (for example, number of loops completed in 5 minutes).

Alternatively, teams can time how long it takes to complete one relay; after a short rest, they try and break their record.