

101 
FUN 
PE GAMES

**RELAY
RACES**

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE



EQUIPMENT

2 milk crates or ball storage containers per team, 50 small balls

SETUP

Place children on two teams and have each team line up between 2 milk crates. Fill the starting crate for each team with small balls, the other starts empty. Each team must start off with the same number of small balls.



INSTRUCTIONS

1. On 'go' the first child in line reaches in their milk crate to take out a ball. Once they pick it up, they must raise it up over their head, hand it off to the next child in line like they are high-fiving each other to symbolize friendship.
2. From there, each ball will continue to travel down the line in the same format.
3. The last child in line must drop the 'travelled' ball in the empty milk crate.
4. The first child in line is continuously taking out one ball at a time to pass along.

MAKE IT EASIER

- If children drop a ball, allow them to continue from the spot the ball dropped.

MAKE IT HARDER

- If a ball drops, that ball must go back to the starting milk crate.

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE

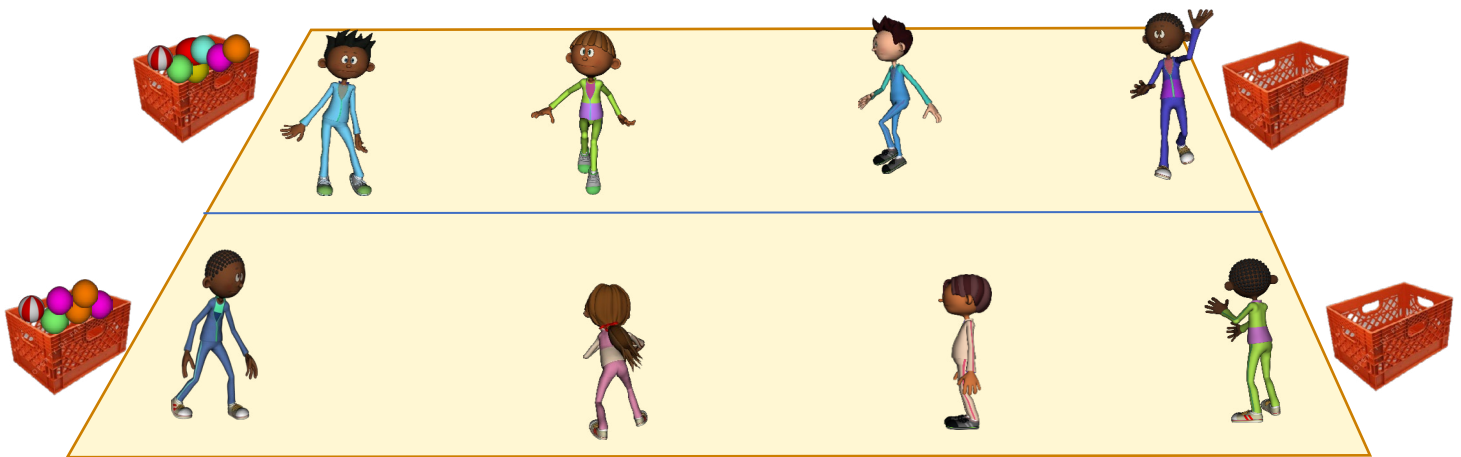


EQUIPMENT

4 milk crates/boxes,
100 small balls

SETUP

Place each team in a straight line that extends the length of the room. Each team will also have 2 milk crates. Fill one of the milk crates with as many balls as you can, but make sure each team has an equal number of balls.



INSTRUCTIONS

1. On the instructor's signal, the first kid in line must take out a ball from their milk crate and pass it to the next kid in line.
2. The next child then passes it to the kid next to them. This process is repeated until the last child in line catches the ball and then places it into their empty milk crate.
3. The child at the beginning can take another ball out of their box at any time to continue this process.
4. If a ball drops at any time, the child who dropped simply picks it up and continues the routine.
5. The first team to get all their balls moved from one crate to the other wins.

MAKE IT EASIER

- Use less balls to get across the room

MAKE IT HARDER

- Once the team gets all their balls into the milk crate, they have to go back in the other direction to finish

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE

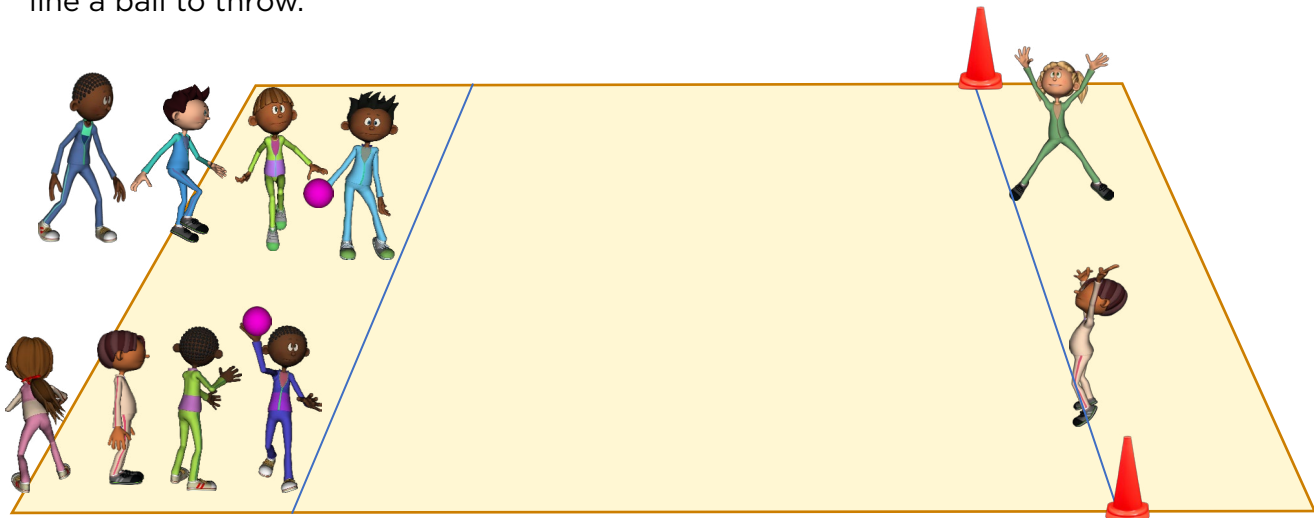


EQUIPMENT

2 throwing balls,
2 cones, floor tape

SETUP

Divide kids into two teams and set up each team in a traditional relay race line. Place one child from the team across the room who will be catching a ball. Give the first child in each line a ball to throw.



INSTRUCTIONS

1. On the instructor's signal, the first kid in line must throw a ball to their teammate across the room.
2. If the teammate catches the ball, they run back with the ball to the start line, handing off the ball to the next child in line while the kid who just threw it must replace the child catching.
3. If the ball is missed, the child who threw it must run after the ball, retrieve it and bring it back to the next child in line. Anytime a ball gets caught, the child catching the ball will rotate and that team receives a point.
4. The first team to get 15 points (catches) wins that round.

MAKE IT EASIER

- Allow the ball to get caught in the air or on a bounce

MAKE IT HARDER

- Increase the throwing distance, children can only catch a ball in the air

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE

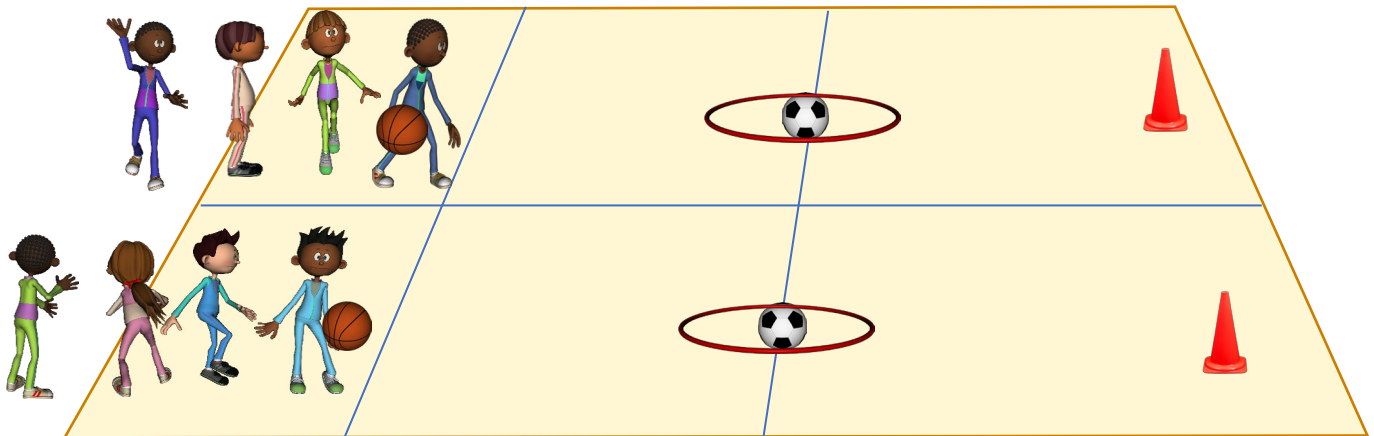


EQUIPMENT

2 basketballs,
2 soccer balls, 2 cones,
2 hula hoops

SETUP

Each team lines up in a relay race format, starting on the baseline. Place 2 cones at the far end of the room across from each team. In the middle of the path, place a hula hoop with a soccer ball in it. Give the first child in each line a basketball.



INSTRUCTIONS

1. On the instructor's signal, the first kid must dribble a basketball to their team's hula hoop.
2. Once they get to the hoop, they place the basketball in the hoop and take out the soccer ball, which they must dribble with their feet around their cone and then back to their hoop.
3. Once back at the hoop, they put the soccer ball back in the hoop and take out the basketball and then dribble back to the start line.
4. The next child follows the same pattern. The first team to finish wins.

MAKE IT EASIER

- Shorten the path of the entire race where the children do not have far to dribble the basketball and soccer balls.

MAKE IT HARDER

- Use the entire room to lengthen the distance the children have to dribble the soccer and basketball.

FOCUS



TEAMWORK



FINE MOTOR

GROUP SIZE

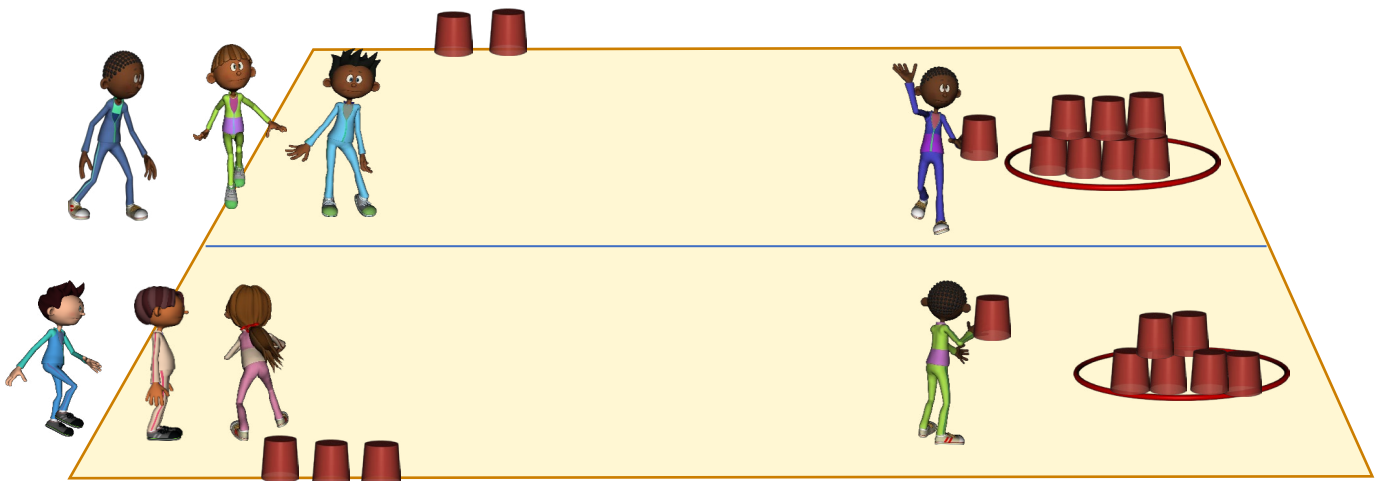


EQUIPMENT

20 stacking cups,
2 hula hoops

SETUP

Divide kids into two teams. Each team lines up in a relay race format, starting on the baseline. Place 2 hula hoops at the far end of the room and give each team 10 cups to stack. Place the cups on the side of each team so when a child gets their turn, they can reach over to the side to pick up a cup.



INSTRUCTIONS

1. On the instructor's signal, the first kid must pick up only 1 cup and run it to their hula hoop.
2. Once they get there, they start the process of stacking 10 cups.
3. As soon as they stack the cup, they run back and the next child continues the process of stacking cups.
4. The cups must stack with 4 on the bottom, 3 on the next row, 2 on the next, and 1 cup on top.
5. If the stack falls down before they finish, the team must start over. The first team to finish wins.

MAKE IT EASIER

- Use fewer cups to stack

MAKE IT HARDER

- Use more cups to stack

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE

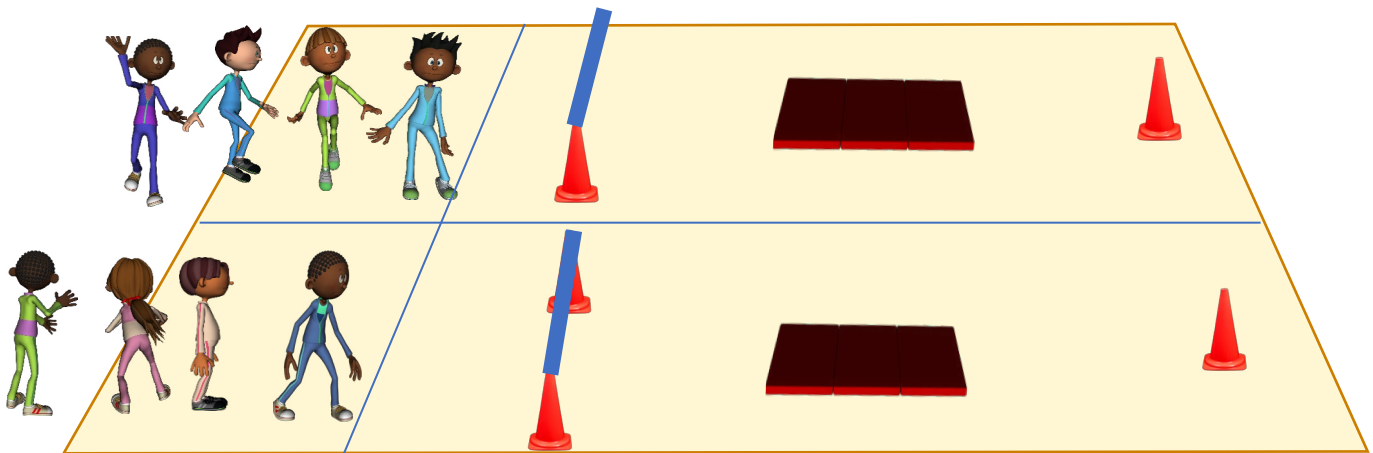


EQUIPMENT

2 floor mats, 6 cones,
2 long sticks

SETUP

Divide into 2 teams. Each team lines up in a relay race format, starting on the baseline. Place 2 cones with a rope or stick across the top for the children to jump over directly in front of the line. Place a gym mat next in their path with a single cone at the opposite end line.



INSTRUCTIONS

1. On the instructor's signal, the first kid must sprint towards their cone on the opposite end line.
2. In their path, they must first jump over a rope or stick that is lying across 2 cones, then jump over a gym mat.
3. From there, they must go around the cone at the far end of the room and come back, performing the same skills.
4. The first team to finish wins the race.

MAKE IT EASIER

- Use small cones to jump over and a smaller mat

MAKE IT HARDER

- Use taller cones to jump over, a larger mat, and increase the distance they are running

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE

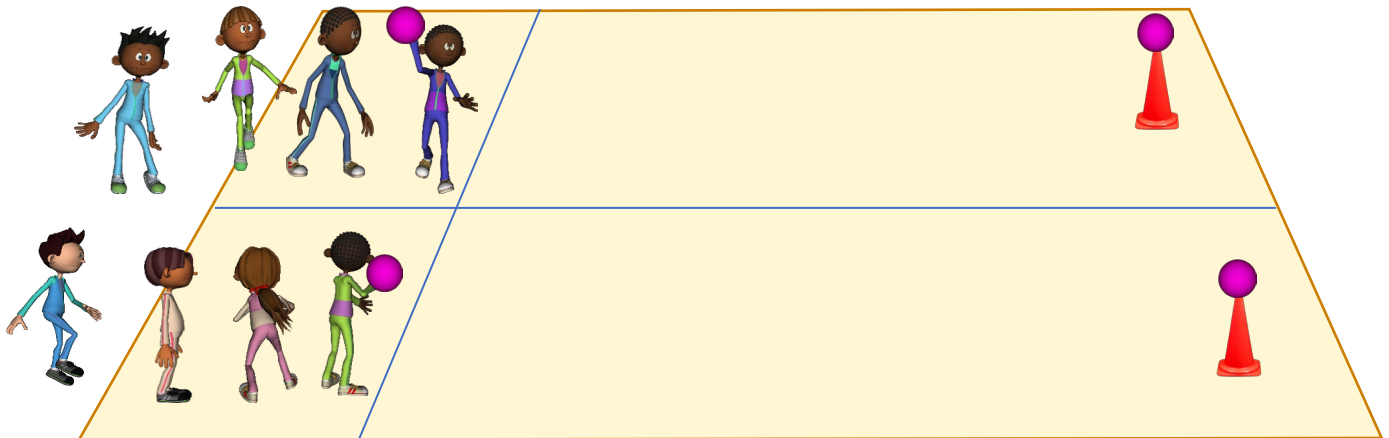


EQUIPMENT

4 utility balls, floor tape, large cones

SETUP

Divide into 2 teams. Each team lines up in a relay race format, starting on the baseline. Place a cone at the far end of the room across from each team and balance a ball on top of each cone. Give the first child in each line a small ball to throw.



INSTRUCTIONS

1. On the instructor's signal, the first kid must throw their ball from the existing line at the ball balanced on top of their cone.
2. After they throw the ball, they must retrieve it and run back to the start line to hand it off to the next child who follows the same pattern.
3. If a child happens to knock the ball off the cone, they receive a point, but must also replace the ball on top of the cone.
4. Each team must continue following this process. The first team to get 15 points first is the winning team.

MAKE IT EASIER

- Shorten the distance the children have to throw the ball and reduce the winning score from 15 to 10 points.

MAKE IT HARDER

- Increase the distance the children have to throw the ball and increase the winning score from 15 to 20.

FOCUS



TEAMWORK



FINE MOTOR

GROUP SIZE

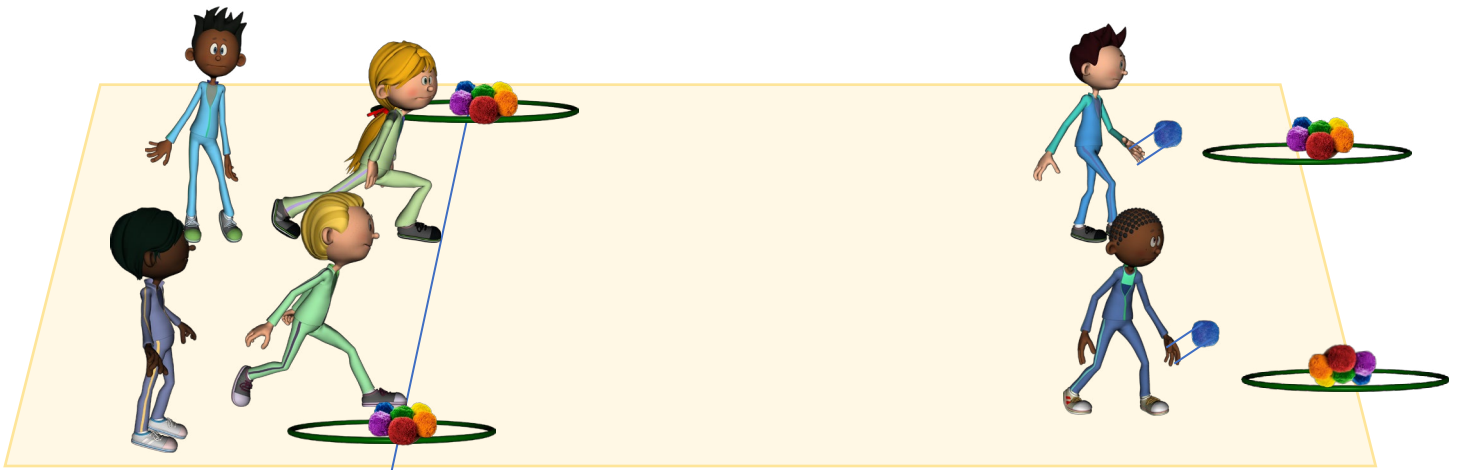


EQUIPMENT

4 chopsticks, 40 small yarn balls, 4 hula hoops

SETUP

Divide into 2 teams in traditional relay race lines. Place a hula hoop at the start and finish lines for each team. Place 20 yarn balls for each team at the hoop on the end line as shown in image.



INSTRUCTIONS

1. On 'go' the first child in line will run carefully with their chopsticks in their hand to the opposite hoop and pick up a yarn ball with their chopsticks.
2. They must now carry the ball back to their team's hula hoop and drop it in the hoop as they hand off the chopsticks to the next child to begin the same process. The first team to finish wins the race.
3. If a child drops the ball, they must pick it up with their hand and return it to the original hoop it was taken from. Children cannot use their other hand to guide and secure the ball.

MAKE IT EASIER

- Allow the students to hold one chopstick in each hand to allow greater ease of holding onto the ball.

MAKE IT HARDER

- Increase the distance the children have to travel from start line to finish.