

PIZZA DELIVERY

READY

EQUIPMENT:

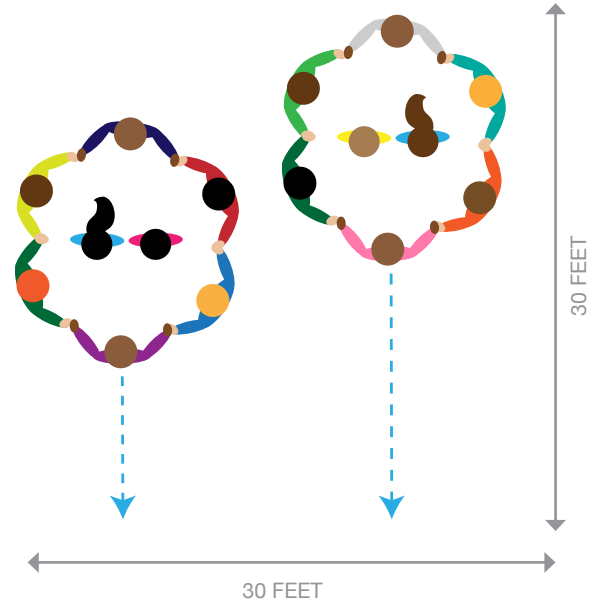
NONE

SET-UP:

OPEN SQUARE/RECTANGULAR SPACE

NUMBER OF STUDENTS: 15+

TIME: 15 MINUTES +



EXPLAIN

- 1 Make teams with an equal number of students in each. Have each team make a circle holding hands. Two players will get into the middle of the circle.
- 2 Use cones to mark start and finish lines.
- 3 When I say “go” or blow my whistle, both teams walk to the finish line and back to the start line (some players will walk backwards/sideways). The 2 people in the center of the circle will walk in the direction that the circle is moving.
- 4 Once the group gets back to the start line, 2 other players from the circle will change places with the players in the center of the circle and the team will walk to the finish and back to the start line.
- 5 Continue the relay until each player gets a chance to be in the middle of the circle.

✓ For Understanding:

- *In which direction is the circle moving?*
- *What are the movements of the players?*

GAME TIP:

- Demonstrate a round before students play.

CONFLICT RESOLUTION TIP:

- Use Rock, Paper, Scissors to see which student is next to be in the center of the circle.

OUTDOOR TIP:

- Walk heel to toe or hop as the movement.

PLAY → REP IT OUT!

- **EASY:** Have students walk.
- **MEDIUM:** Have students skip.
- **HARD:** Have students run.

CATEGORY:

RELAY RACES

ENVIRONMENT:

GYM

GRADES:

3–5

FITNESS FOCUS:



BACK-UP GAMES:

REMOVING COCONUTS

SEQUENCE TOUCH

TIC-TAC-TOE RELAY

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