



Let's Get Active

Circle Activity: Ball Relay Race

Objective:

This activity reinforces hand-eye coordination and gross motor skills as students work together to complete a physical task grounded in cooperation and encouragement.

Materials:

- Visual sequence strip (provided)
 - Ball (baseball, soccer ball, basketball, etc.)
 - Masking tape
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Duration: 10 to 15 minutes

Preparation:

1. Print, laminate, and cut out the visual sequence strip.
 2. Place strips of tape on the floor to indicate the starting and finish lines.
 3. Have the visual sequence strip on hand and refer to it throughout the activity to guide students.
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Variations:

- **Level 1:** Model or use the cue, "Walk with me." Walk beside the student, and assist them by using appropriate prompting levels when needed. Remember to prompt from behind if possible.
- **Level 3:** Give the student a stopwatch and prompt them to write down the "race times" for each person on the team, or ask them to keep track of the overall time it takes the entire team to finish.

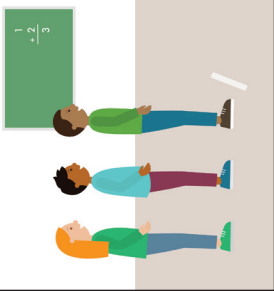
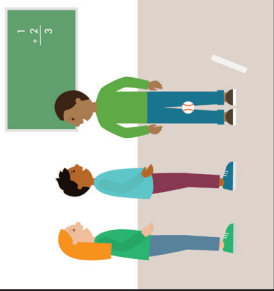
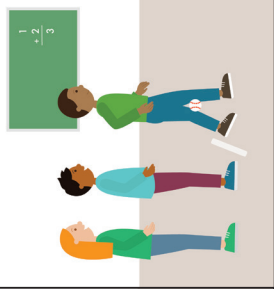
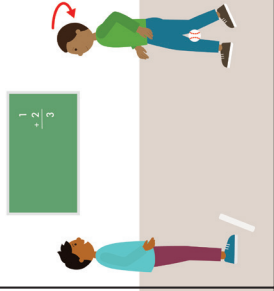
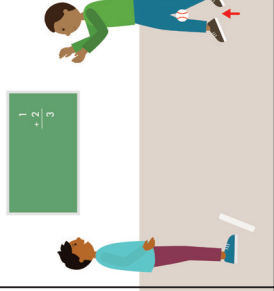
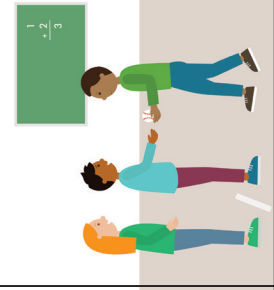
Activity Script:

We recommend using the following verbal cues as you model each step.

1. **“For this activity, we are going to have a fun relay race.”**
[As you walk students through each step of the activity, point to its corresponding step on the visual sequence strip. Indicate the ball.]
2. **“To get started, I am going to split the class into two groups.”**
[Assist students in forming teams.]
3. **“Our first step is to put the ball between our knees. I’ll go first.”**
[Put the ball between your knees and show it to the class.]
4. **“Then, I am going to walk as fast as I can from the starting line to the turnaround line with the ball between my knees. The goal is not to drop the ball while you’re walking!”**
[Model carefully walking with the ball between your knees.]
5. **“When I get to the turnaround line I am going to hop back to the starting line.”**
[Demonstrate hopping]
6. **“If I drop the ball, I have to pick it up and return to the starting line.”**
[Demonstrate dropping the ball, picking it up, and returning to the starting line.]
7. **“Next, I am going to give the ball to my teammate who has been waiting back at the starting line.”**
[Model giving the ball to another student waiting at the starting line.]
8. **“The team that walks the fastest with the ball between their knees will be the winner. Remember, we encourage and cheer for our teammates and are good sports no matter who wins.”**
[Encourage students to cheer each other for trying their best and having fun.]

Visual Sequence Strip:



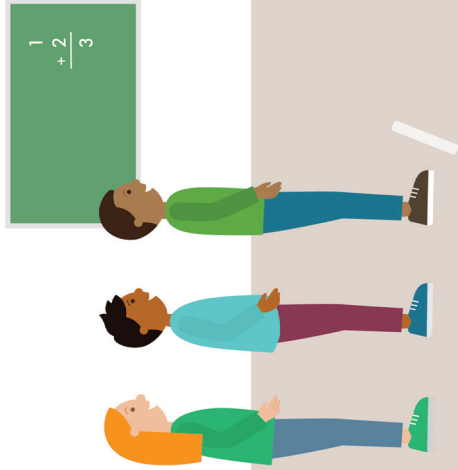
<p>Line up</p> 	<p>Put ball between knees</p> 	<p>Walk with ball between knees</p> 	<p>Stop and turn around</p> 	<p>Hop with ball between knees</p> 	<p>Give ball to next teammate</p> 
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Circle Activity: Ball Relay Race

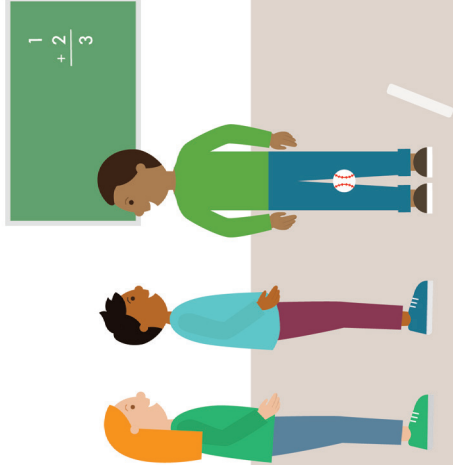
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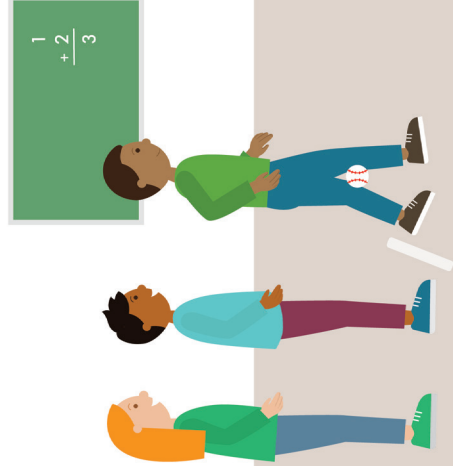
Line up



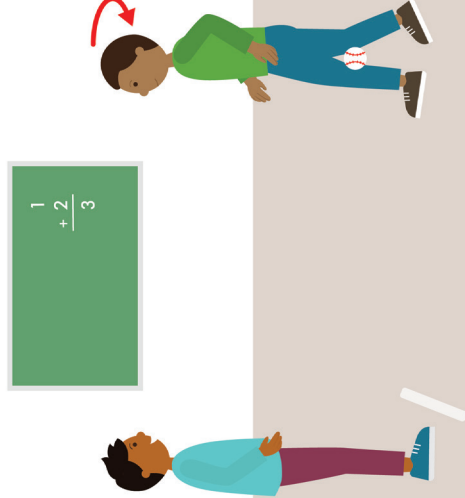
Put ball between knees



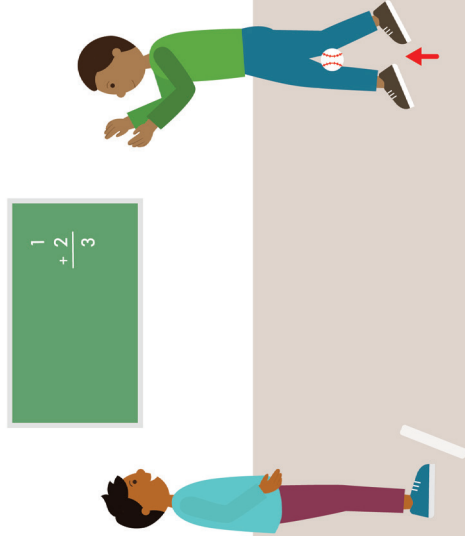
Walk with ball between knees



Stop and turn around



Hop with ball between knees



Give ball to next teammate

