



Springtime Fun

Movement – Activity: Springtime Relay Race

Objective:

This activity engages gross motor skills while reinforcing teamwork in the context of a physical task grounded in cooperation and encouragement.

Materials:

- Sequence strip or large sequence panels (provided)
- Rainbow images (provided)
- Masking tape
- Scissors

Preparation:

1. Print, laminate, and cut out:
 - a. Sequence strip or large sequence panels
 - b. Rainbow images
2. Choose to prepare the traditional-sized sequence strip, or use the large sequence panels to create a larger sequence strip by arranging the images in order, taping them together, and laminating.
3. Decide on an area of the classroom for the activity, and set up two lanes there, dividing the lanes with tape on the floor.
4. At the beginning and end of each lane, place a line of tape on the floor. One of these lines will be the starting line and one will be the turnaround point for each lane.
5. Have the sequence strip or sequence panels on hand, and refer to them throughout the activity to guide the students.

Instructions:

1. Explain to students that they will be participating in a relay race. Tell students that the winning team is the first team to have all their members complete the race.
2. Divide the class into two teams.
3. Instruct each team to line up single file at their starting line.
4. Hand a rainbow image to the first student on each team. The rainbow image will act as the baton.
5. Explain that each teammate will receive instructions on a different way to move as they do the relay race (e.g. tiptoe or skip). Inform them that when you say, "Go," the first teammate is to hold the rainbow image and move the way you told them from the starting line to the turnaround point, and then return to the starting line. Once back at the starting line, they'll pass the rainbow image to the next student on their team.
6. Using a classroom staff member, volunteer, or peer buddy, model the steps of the relay race by following the events on the sequence strip.
7. After the game is modeled for students, assign the first pair of racers a specific way to move forward. Some ideas could be to tiptoe, skip, crawl, take big steps, take little steps, walk sideways, walk backward, or hop. Have the two racers begin the race.
8. For the next round of racers, call out a different way for the racers to move.
9. Repeat Step 8 until one team has finished the relay race.

Considerations:

- When assigning racers a way to move forward, be aware of individual students' gross motor needs, and assign a movement that they will be able to do.
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Suggestions for Differentiation:

Level 1:

- Provide the cue "do this," and model the action.
- Provide physical prompting if the student requires it to learn each step of the movement activity. Begin with the lowest level of prompting needed to prevent error. Fade prompts as quickly as possible.

Level 2:

- Explain the activity using one-step directions, and teach the student to reference the sequence strip when needed.

Level 3:

- Explain the activity using multi-step directions.
- Assign a student to be team captain, helping students remain in line and helping others anticipate that their turn is coming up.

Sequence strip



Line up at the starting line



When it's your turn, move how you're told toward the end line



Turn around and return to the starting line



Pass the rainbow picture to the next teammate



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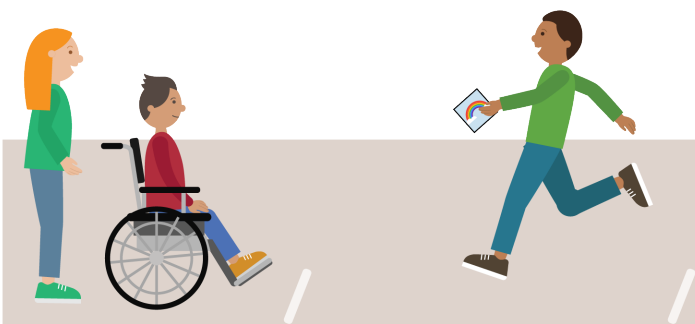
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