



The Continuous Relay

Organise teams of 5 or 6, children form a line down the length of the hall equally spaced. Each member takes up a starting position, e.g. standing or in crouch. On teacher's command, the person at the back of the line (e.g. number 6) gets up and runs to the front moving in and out of the others in his / her team. As soon as s/he has cleared the person in front, this releases number 5 to follow.

As soon as they have both cleared the person in front i.e. number 4, this releases number 4 to follow them in turn. This continues as successive team members are released. On reaching the front of the team number 6, and subsequent followers, turn left and run straight back down the length of the hall keeping strictly in order.

On reaching his/her original spot, number 6 resumes their place and position, i.e. standing or crouch. Number 5 moves around number 6 and assumes his/her original position. Continue weaving in and out until all assume their original places and the team ends up as it started.

The advantage of his type of relay is that it keeps everyone continually active and avoids static waiting for turns. In the gymnastics context it is important to emphasise that it is the quality of the work and not the speed that is the most important factor. This does not have to be a race it can be a quality, fun, team game, which is an effective warm up and learning process.

Once the nature of the game is understood, you can provide many variations e.g. running, skipping, jumping with two feet together, hopping right and left, scrambling on hands and feet, crab walks – (tummies to ceiling).

The game can be built up 'gymnastically' e.g. tuck jumps, tuck jump – star jump, starting sitting in a tuck position for team to weave in and out of, front support, back support positions, again to weave around. You just need to make sure there is enough room for the children to run wide around the shapes safely.