



Ball Relay

Description

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Students will be competing in a variety of ball relay games to learn how to work together.

Supplies

- 2 balls (beachball, soccer ball, kickball, etc.)
- A cone or some type of marker

How to Play

1. Ask the group to describe some qualities of a good team player.
2. Split the children into two even teams. An easy way to do this is to have children pair up and have each child in the pair pick dogs or cats. Have the cats go to one side and dogs go to the other side to form your two groups.
3. If teams are not even you can play or have one child go twice with a new partner to keep it fair.
4. Let the children know that this is their team for the challenge and that they are going to work together to be good team players, showing the qualities we discussed at the start of the game.
5. Explain that there are three different relays total, all including the ball.
 - **1st relay:** Have children make a line with their team including some space in between each person. Give the first child in each line the ball. Instruct them to pass the ball down their line and back to the front of the line in an over-under alternating pattern. The first child in line passes the ball over their head to the person behind them, the second child gets the ball and passes it between their legs to the next child and so on. Once the ball gets to the last person in the line they bring the ball back to the front. The first team to get it back to the front of the line doing over under wins this relay! Can play multiple rounds based on time.

- **2nd relay:** Have teams line up behind the start line and show the two teams where they have to make it to (a cone or some type of marker) and how they have to come back to the start line to pass the ball to their next teammate. Give the first child in each line the ball. The first child puts the ball between their legs at their knees. On “Go!” the first child in each team starts the race with the ball between their legs, hopping from the start line, around the cone/ marker and back to their team. When they get back to their team they give the next child a high five and pass the ball to them. If a child drops the ball, they go back to the place they dropped the ball and start again. The first team with all players to make it down and back wins! Can play multiple rounds based on time.
- **3rd relay:** Pair children up in their team with someone of similar height. Pairs must stand side by side, shoulder to shoulder each with one arm around the other child’s shoulder. Put the ball in between the first two children in line at their hips. Pairs work together to keep the ball balanced in between themselves throughout the race. On “Go!” the first pair in each line work together to keep the ball between them and make it from the start line, to the cone/marker and back (same route as 2nd relay). If the ball drops, the pair goes back to the start line to try again! The first team to get all members of their team back wins this relay! Can play multiple rounds based on time available.

Activity Prompts for Reflection

- Who can share how they showed support to their teammates?
- Can someone give praise to someone they saw being a good team player today?
- How did your team work together?
- What are some ways you can be a good friend to the team that didn’t win?
- Did anything surprising happen during the game? What emotion did you feel when that surprise happened?

Other Ways to Play

- If a pair drops the ball during the 3rd relay, have them take two hops backward and begin again instead of having them go all the way back to the start line.
- If it’s too hard for younger students to keep the ball balanced in the 3rd relay, students can stand across from their partner and pass the ball back and forth while they race down and back (maybe have a set number of passes they have to make before getting back).
- Have students work together to come up with a team name that represents them before the relay races start. Make sure to reference their team name throughout the activities.
- Switch up the teams for the different relays so that students learn how to work together with a variety of different people.
- After each relay, have students line up in different ways to make it more challenging. For example: line up from shortest to tallest without talking, lining up by birthday months, or lining up

in alphabetical order.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If the group is small, you can have them all do the relay as one big group. You can time them and see if they can improve their time each race they complete.

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 30 minutes

Themes

1. Ball Games