

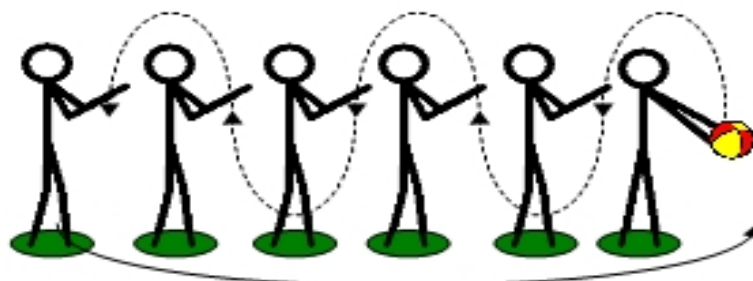


Over – Under Relay

Age Group: Key Stage 1

How to set up:

- Place 6 floor spots down in a line



Equipment:

- 6 Floor Spots
- 1 Large Ball

How to play:

- Children stand on the marker spots, one behind the other
- The child at the front of the line will start with the ball
- On signal the ball must be passed back down the line going over a child's head, then under the next child's legs and so on until it reaches the back of the line
- When the person at the back gets the ball they must run to the front, moving onto the first marker spot
- Each child will then move back 1 marker spot and the relay will continue until the original first child is back at the front
- Children must stay on their floor spots
- If the ball is dropped, pick the ball up and carry on

How to Score:

- The team that completes the relay with the original first child back at the front is the winning team