



Rio Grande Educational Collaborative

Before and After School Program Lesson Plan

TITLE OF LESSON: Relay Races (Outdoor)

DATE:

SITE NAME:

CLASS SIZE:

NAME(S) OF INSTRUCTOR:

DURATION OF LESSON:

CREDIT (website used/name of author): <https://icebreakerideas.com/best-relay-race-games/>

COMMON CORE STANDARDS: CCSS.ELA-LITERACY.SL.K.1.A, CCSS.ELA-LITERACY.SL.3.1.C, CCSS.ELA-LITERACY.SL.5.1.B

LEARNING OBJECTIVES:

Students will understand the following:

- Students will recognize their role within a team and execute that role to the best of their ability.

ACTIVITY:

Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

Students participate in relay races. Each of these races is competitive; divide the group into two or more teams. Make sure students take a break in the heat to drink water. Choose students before each race to help demonstrate:

Fill-it Water Race: Set up an obstacle course using whatever is available – tables, chairs, large rocks, etc. Give each team a plastic cup and a full bucket of water. Team members take turns filling the cup and racing to an empty bucket at the end of the course. The first team to fill the empty bucket wins the game.

Newspaper Press: Provide single newspaper pages for each team. The goal is to run to a finish line while holding the newspaper page between them – no hands! If a pair drops their newspaper page, they must return to the start line and begin again. The team that has all their pairs complete the race first wins.

Sponge Race: Place a bucket with water and a sponge in the front of the row and an empty bucket at the back. The goal is for each team to transport the water using the sponge from the front of the line to the back. The last person in line squeezes the filled sponge into the bucket and runs to the front of the line, where the task begins again. Set a timer and the team that manages to pass the most water before the time is up wins.

Necking-the-Orange: The first person in each line holds an orange under their chin. The object of the game is to walk the orange down to a designated spot and back to their team where they will hand the orange to the next member. If the orange is dropped, they have to go back to the start. They get two chances before the next person goes.

Over Under, Over Under: Team members line up and each team receives a beanbag, small ball, or another easy to pass item. The goal is to pass the ball over the head and under the legs until it reaches the end of the line. The player at the end of the line runs to the front and passing starts over. When the last person in line returns to the front, the game is over, with the first team successfully completing the task winning.

Run, Waiter, Run: Give each team a ping-pong ball and a large dinner plate or small tray. Team members must carry the dinner plate or tray “waiter-style” down to a designated spot, and then turn around and carry the plate back to the next person. If a team member drops the ball, they must stop, put the ball back on the tray or plate and not take any steps to continue until they have done so. The winning team has all their members complete the race first.

Hula Hoop Pass: Loop a hula hoop over one player's arm, and then have each team join hands to form a circle. Without letting go of the other player's hands, the player with the hoop must step into and through the hoop, so it rests on his other arm. Then, he can slide it onto the next player's arm and she must repeat the same maneuver. Whichever team can pass the hoop all the way around the circle first is the winner.

Drop the Penny: To set up, mark off a starting line and a turn-around line. About halfway between them, place one egg carton (lid removed) for each team. Place a bowl containing enough pennies for each player at the turn-around line. To play, one player from each team races to the bowl and picks up one penny. Then they run to their team's egg carton and, from waist height, drops the penny into one of the cups. Decide in advance whether second chances are allowed if they miss. The game is over when one team has successfully dropped a penny into each cup in their egg carton.

Mix-It-Up Relay Race: Players must travel from point A to point B and back again, in turns, until the whole team has participated. The catch: No one player on the team can travel in the same manner as a teammate. One runs, one skips, one hops, and so on.

MATERIALS:

The following materials or equipment needed for this lesson:

(Include special equipment request)

- Hula hoops
- Egg cartons (x2)
- Pennies (2x number of slots in egg cartons)
- Pranges (or small balls, x2)
- Trays (or hard books)
- Sponges
- Buckets (x4)
- Cups (x4)

SIGNATURE: _____ **DATE:** _____

SITE SUPERVISOR'S SIGNATURE: _____ **DATE:** _____

INSTRUCTOR'S REFLECTION:

Reflection on the lesson given:

1. How many students participated in the lesson given? _____
2. Name(s) of instructors participated. _____
3. How long did your lesson take? (Amount of time) _____
4. How did the students feel about the lesson? _____
5. Did the students like the lesson? _____
6. What part of the lesson did the students like? _____

7. What part of the lesson did the students not like? _____

8. Were the students interested in the topic of the lesson? _____
9. Was the content of the lesson difficult for the students? _____
10. What could you have changed to make the lesson interesting? _____

11. Did you have any trouble getting your lesson together? (Idea & Materials) _____

12. How do you rate your lesson? (1-10) Why? _____

SITE SUPERVISOR'S REFLECTION:

Reflection on the instructor's lesson:

1. How many students participated in lesson? _____
2. How many instructors participated in lesson? _____
3. Did the students enjoy the lesson? _____
4. What part did the students enjoy? _____

5. What part did the students NOT enjoy? _____

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____

