

# Movement Challenges & Games

## DROP OFF RELAY

- Whole class is split into groups of 5 or 6.
- A cone is placed at the start and at the drop off point 5-10m.
- First person in the team runs out and around the cone then comes back and links up with second person (holding hands).
- Together they run to the cone and the first person 'drops off', while the partner goes back for another member of the team.
- This continues until all members are across.
- The last runner must do a solo lap after having been brought across.

**Equipment:** Cones.

**Area Required:** Open flat space.

### Benefits

- Speed.
- Cooperation.
- Fun.

### Cues for debrief / reflection

- What was it like running with someone else?
- How could you do this better?

### How to vary the activity

- Change the method of moving; skip, hop etc.
- Vary the length and the shape of the course.
- Change starting / finishing positions; lying down, bridge etc.