

# Movement Challenges & Games

## LINE TO LINE RELAY

- Whole class is split into groups of 4 - 8.
- Set up cones 6-10m apart for each group.
- The group starts side by side in the middle of the cones.
- On the command each group moves sideways to the cone and then back to the other cone for a designated number of trips.
- Only the end person needs to touch the cone.

**Equipment:** Cones.

**Area Required:** Open flat space.

### Benefits

- Speed.
- Cooperation.
- Fun.

### Cues for debrief / reflection

- What was it like running with the group?
- Did you manage to keep linked at all times?
- How could you do this better?

### How to vary the activity

- Change the method of moving to karioka step (See Coordination & Agility - Running #4).
- Vary the length of the course.