Weaving Relay

Playing Area: 25 x 15m
Equipment: 4 Cones/witches hats per group • 1 baton/ball per group
Time: 10-12 minutes

Instructions
• Divide the class into groups of 3.
• The 1st student carrying a ball/baton runs weaving around each cone to the last cone and back.
• When they reach their team they run around the last person before handing the ball/baton to the next runner in line.
• Complete each circuit at least 5 times.

Variation
• Use different methods of travelling for each circuit, eg. skipping, jumping side-to-side.
• Add a strength move after passing the ball/baton.
• Introduce dribbling, as in soccer, hockey, basketball.