**Team Run**

**EQUIPMENT:** pylons

**PLAYING AREA:** field



**SET- UP:**

* Put students on teams of 5. If there aren’t even numbers, the remaining students can be substitutes, scorekeepers, or make their own smaller group.
* Arrange the students in their starting positions. Note in the diagram that team members are the same color.

**OBJECTIVE:**

* The objective is to run as many team laps as possible in a given amount of time (10-15 minutes).

**RULES:**

* The starting runners run the first leg of the race. As each runner arrives at the next group of runners, they stop, and their teammates run the next leg of the race. There will always be one team member running and the other teammates resting at a corner.
* Count your laps.

**GAME VARIATIONS:**

* Change the movement pattern. For example, instead of running, students can walk, skip, or gallop.
* Change the length of the runs for different age groups.

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