

Over-Under Relay

Grades K–5

BENEFIT

Hand-eye coordination, cooperative skills

LOCATION

Grass, blacktop, multipurpose room

EQUIPMENT

Two soft foam balls

- 1 Split your class into two teams with equal numbers. Each team forms a line, standing front to back. Give a ball to the student at the head of each line.
- 2 Say “Ready, go” to begin the relay. The line leader passes the ball back, over his head, to the student directly behind him. The next student takes the ball and passes it between her legs to the student behind her.
- 3 The students move the ball down the line, alternating passing styles—over, under, over, under. When the last student in line gets the ball, he runs to the front of the line and begins the process again.
- 4 The first team to return the original line leader to the front of the line wins the round.



Students pass the ball down the line in alternating styles: first over the head (A), then between the legs (B).