

# Over-the-Back 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 overhead to the student directly behind her. The students move the ball down the line, over each other’s heads. When the last student in line gets the ball, he runs to the front of the line and begins the process again.
- 3 The first team to return the original line leader to the front of the line wins the round.



Students pass the ball backward, over their heads (A). When the last student in line receives the ball, he runs to the front (B).