

Wrap Up

Activity: Relay Race.

Each team will start with 10 to 15 tennis balls. If a student misses the target or fitness skill, the student and the ball they were carrying has to go back to the end of the line. Try to have no more than 8 students per line. The goal to get all 10 to 15 tennis balls in a basket on the other end of the gym before the other teams. This teaches patience and teamwork.

K-2...relay race will be down with just tossing the ball

3-5...relay race will be down with tossing and last activity will be a golf skill

6-8...relay race will be down using all golf skills

The diagram is an example of how you might set up one team's relay race

