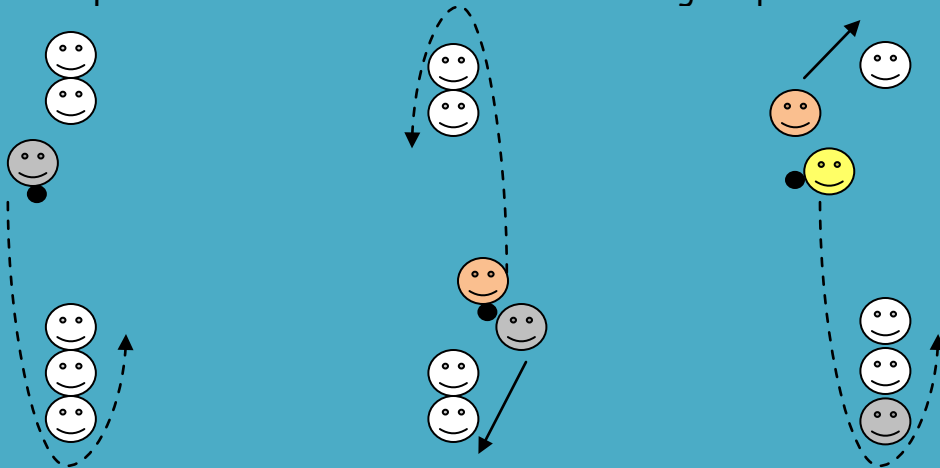


Continuous Relay

Aim: To complete a set number of rotations.

Equipment: Relay batons, Cones

Rules: Pupils must start as set up below. Pupils run around back of the line in front of them and pass onto first person in the opposite line. The whole process is repeated until runners return to their original position.



Circular Relay

Aim: To outrun teams in order to eliminate them for the relay

Equipment: Relay batons, Cones

Rules: Runners run in an anti-clockwise direction. Once they have completed 1 circuit the 2nd runner goes. Team runners continue to run 1 leg each until a team in front is overtaken. This team is eliminated.

