

Content outline

These activities focus on the technical aspects of the track event, the relay. They aim to develop the basic knowledge of how efficiently transfer the baton.

- Hand position when running
- Communication
- Upward / downward Sweep



This resource and supporting video have been created by:
Nick Leopard, Stour Valley Community School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- If space is available, the distance being run can be increased to add challenge
- You can increase / decrease the space to transfer the baton
- If lots of space is available, can you design your own track?



Task

- The activity can be repeated multiple times to attempt to improve starting performance
- The baton exchange can be practiced using dominant and non-dominant hands
- If limited space is available, can you adapt the task to become a shuttle run relay?



Equipment

- Use household items to act as a baton (e.g. inner tube of kitchen roll)
- You can also use markers to act as a transfer box (e.g. Towels or spare footwear)



People

- If you have another person in your house, you may be able to coach someone else the correct baton exchange technique
- If other people are available, the task could be performed within a competition
- Ideally, the task required two people – one to pass the baton, and one to receive the baton

Learning intention

Physical:

- To apply the basic principles of the relay baton exchange

Personal:

- Communication skills

Learning questions:

- Where should your hand be placed on the baton when running?
- Where should your hand be placed when transferring the baton? Why is this?
- Why is communication between you and your partner important?
- How can we maintain efficient running technique while receiving the baton from your partner?
- How could you improve your technique?