

YOUTH RELAYS

Lots of variations are possible. Some of these may also be used as top-town activities

3 - legged Relay

Pair up and tie ankles together.

Baton Relay

Set up 3 chairs with a short distance between them. Each team member must transfer 3 newspaper batons one at a time from the first chair to the third chair.

Bucket Brigade

Teams line up with a bucket of water at the head of the team and an empty bucket at the end of the team. Each participant must have a cup. On go, the first member fills up his cup from the bucket and pours it into the cup of the next person and so on down the line until the last player empties his cup into the empty bucket. Meanwhile, the first person continues sending down cups of water as fast as possible. The object is the first team to empty the full bucket or the team with the most water in the originally empty bucket.

Caterpillar Relay

Crawl under and over a line of people to the end of the hall.

Chinese Whispers (with a difference)

Everyone stands in line. Leader gives the last person a short simple word and that person must write that word on the back of the person in front with their finger. This carries on until it reaches the front person who must write the word on a whiteboard. First team which gets the correct word wins.

Clothes Relay

Kids must dress up in coat, hat, gumboots etc etc and then undress. Make sure everyone does it properly.

Crowd Surfing

Everyone lies down in a line side by side. The objective is to pass the front person down the line by using their hands above their heads to support the person. Continue until the first person reaches the front again or the last person is level with a marker on the floor.

Egg Relay

Roll a hard-boiled egg with your nose from one point to another. Messy!!

Fridge Box relay

Divide into 2 teams and then divide each team into 2 with one half starting in the corner of the room diagonally opposite the other half. Each full team has 1 fridge box the same size. On go, the first person must get inside the fridge box and make their way over to the rest of the team diagonally opposite while trying to avoid a collision in the middle. They must then climb out and the first person on the other side gets inside and makes their way back. The first team to get across to the other side wins. Warn people not to run too fast as a collision could be painful.

Hockey Dribble

Dribble a tennis ball around a marker or obstacle course and back with a hockey stick

Ladder Relay

2 teams sit opposite each other with their feet touching. Leader calls a number and the 2 people with that number run down the line jumping over legs and round the other side and back to their position.

Mummification

First team to completely wrap up a team member in toilet paper wins. No skin or clothing may be showing.

Newspaper Travel

Each team has 2 squares of newspaper. The object is for the whole team to get from one end of the hall to the other without anyone touching the floor. Must start again if someone touches the floor.

Paper Rolling

Each team has a roll of toilet paper. On go, the first person begins unrolling the roll by passing it over his head to the next person while holding the end. When the roll reaches the end, it is passed back down the row under everyone's legs and on reaching the front, the process is repeated until the roll runs out.

Piggy Back Relay

Pair up with someone of similar size. Piggy back each other and then stand in a circle. On 'go', jump off your partner's back, crawl through their legs, run to centre, grab a baton, run back to your partner and run around outside of circle clockwise and back on to partner's back. Works really well, but watch for cheating.

Ping-pong Ball Relay

Blow ball to the end of the hall without touching it and then run back to start.

Ski Race

Use wooden skis with ropes as supports allowing 2 or more people on them at one time. Object is to get around a marker and back to the start without falling off. Takes quite a bit of coordination.

Sprint Relay

Run up and down the street or hall with (or without) a baton.

Straw and Tissue Relay.

Pass a tissue down the line from person to person by sucking on a straw. If it drops on the floor, start again. Can be a bit difficult.

Wheelbarrow and Ball Relay

Each team is divided into pairs which in turn race in wheelbarrow fashion toward the goal line and back while pushing a ball along with their hands or head or whatever is most effective.