**4x1 Shuttle Relay Race**

**Grade Level:** K-6

**Skill:** Speed, agility, teamwork and cooperation

**Objective:** Each player will use speed and agility to run, pick up a beanbag, bring it back and place it in a container before all of the other players have completed their turns.

**Equipment:** One container for each team (box or bucket), four hula hoops/poly spots and four beanbags per team. Lively music and a music player.

**Organization:** Create teams of 4 players. Place a container 10 to 15 feet in front of the starting line, with four beanbags placed in the individual hoops or poly spots which are evenly spaced apart.

**Activity:** The runners begin behind the starting line and bring the beanbags, one at a time, back to the container. Students may bring the beanbags back in any order as long as they all are retrieved and placed in the container by dropping or placing. A beanbag that lands outside the container must be placed inside before the student goes after another.

The race is run as a relay. The first runner brings all of the beanbags in and then tags the second member of the team. This student returns the beanbags, one at a time, to the hoops or poly spots. The third brings them back in while the fourth runner puts them out again.

**Closure:** What does teamwork mean to you?

Do you like working as a team with peers, family members, friends outside of school, etc.?

**Health:** Have each student write a 1-3 sentence definition of teamwork. Write some examples on the whiteboard. The ultimate goal is to create a classroom teamwork goal and post it for all students to see.

**Piloted at:** Snow Horse