

# CONTINUOUS RELAY

## Standards:

Standard 3.

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Actively engages in all the activities of physical education.

Differentiates between skill-related and health-related fitness.

## Purpose:

Students participate as a team completing 4 different exercises in a continuous relay to improve aerobic endurance and use the FITT principles to increase INTENSITY.

To provide students rhythmic exercises, increase cardiovascular endurance and teach students about the importance of exercising daily.

Students Identify the components of health-related fitness.

Students can differentiate between skill-related and health-related fitness if you set up a variety of exercises within your relay.

**Equipment:** jump ropes, aerobic steps, carpet squares or paper plates.

## Directions:

Students are in groups of four. ☾ † #1 jumping rope

† #2 twist on carpet squares #3 hula hooping

☾ † #4 Aerobic step

† #5 ≈ jogger

Four of the students perform a designated exercise while the fourth student runs or performs a dance step to a line at the opposite end of the gym, where there is an exercise pyramid sheet and exercise cards. Once the runner has reached the end line, he/she picks one activity card and places it on the corresponding category (Example: the activity card showing someone riding a bike would be placed on the lifetime fitness category session on the pyramid). After finishing this task, the runner high fives the number one student who is jumping rope and then takes his/her place. The #1 student then runs to the #2 student who is performing the twist and high fives the number two student and then takes his/her place. Then the #2 student runs to the #3 student who is hula hooping and takes their spot, then #3 player moves to the person performing an aerobic basic step, high fives him/her and then takes his/her place. Then the #4 student runs to the pyramid to start the relay over again. Continue until all activity cards have been placed. Or do three rounds and each round increase the intensity.

