

# ANCESTOR'S RELAY



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## SCHOOL LEVEL

Kindergarten to Secondary 5

## TYPE OF ACTIVITY

Relay race with obstacles

## DURATION

15 to 30 minutes

## LOCATION

Gymnasium or outdoor field

## SUBJECTS

Physical education

## OBJECTIVES

This relay race will allow your students to experience running in a state of fatigue, as well as movements in balance, as experienced during the Ancestors' Challenge. The ability to climb, jump and land efficiently is very similar to the passage of the cargo net obstacle. The concept of "portage" included in the activity will develop the muscular abilities needed to complete the Challenge penalty loop.

## MATERIALS

- > Med balls
- > Foldable ladders or other climbable structure
- > Balance beams and Swedish benches
- > Gymnastics mat
- > Cones to mark the terrain

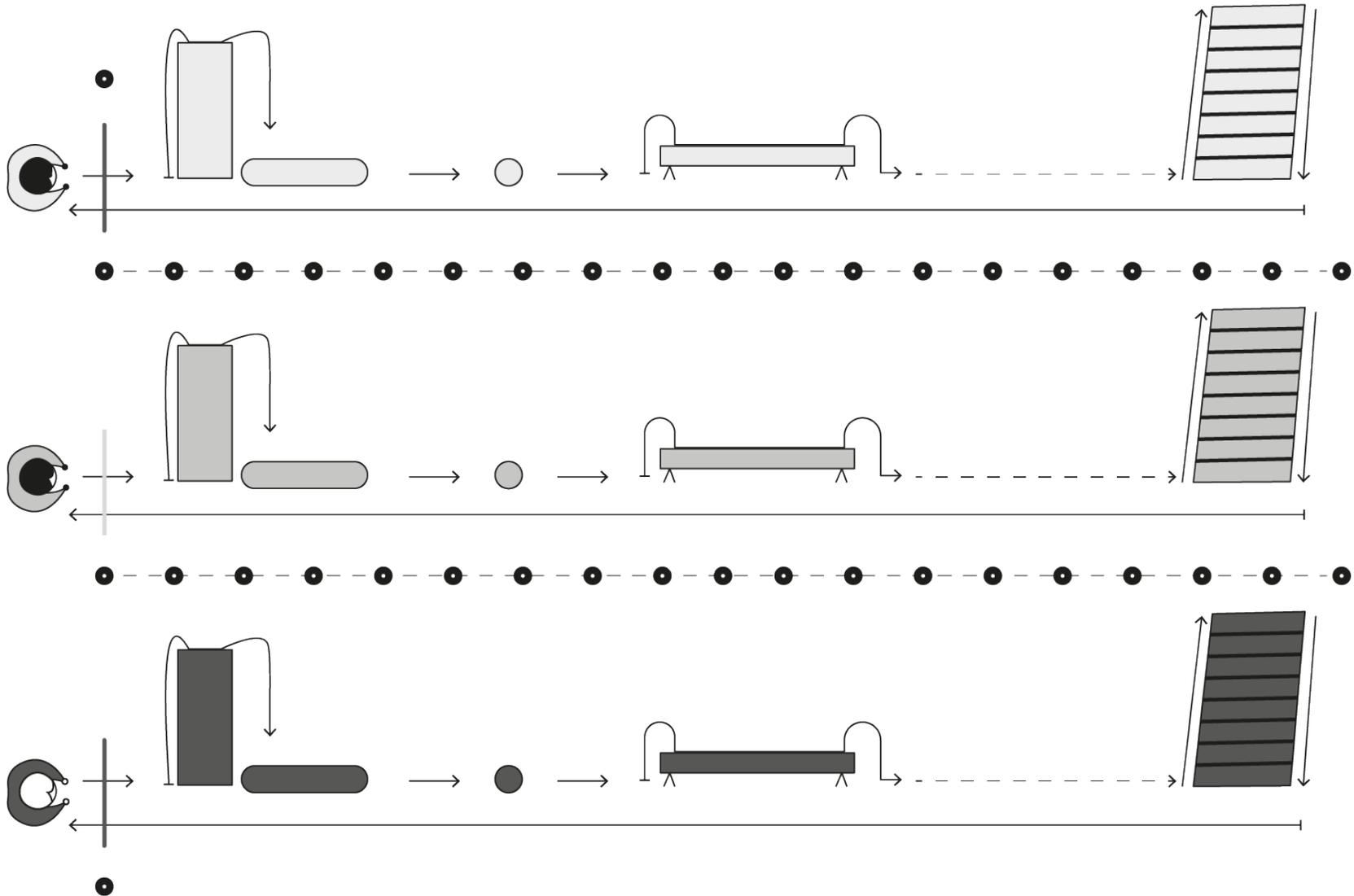
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## STEPS

- > 3 teams will compete simultaneously in this obstacle course
- > At the teacher's signal, the first competitor of each team starts to run
- > He will first have to climb on a structure and jump down on a gym mattress, landing properly, absorbing the impact, and maintaining balance on his feet
- > He will run towards the med ball, pick it up, hold it on his back behind his neck, and carry it over a certain distance (chosen by the teacher)
- > He will then have to move in balance on a structure
- > He will continue on all fours to the ladder, where he will climb to the specified height, and then descend
- > He will return to the starting point in a sprint, where he will have to give the relay to the next competitor, by tapping him in the hand
- > The first team of which all participants have completed the course, wins the race

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## ILLUSTRATION



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## VARIATIONS

- > The obstacle course is adaptable depending on the material and space available to the teacher. It is an activity that offers a multitude of possibilities.
- > Always change the length of the course according to the level of the students.
- > The distances of each section can be shortened according to the strengths of the participants.
- > The height to climb must be adapted according to the age of the participants. A coloured ribbon can be affixed to mark the require height.
- > The height to jump must be adapted. You can take a Swedish bench for the youngest, stack foldable gym mats or use a trapeze jump box to offer a workable challenge for older people.
- > The beam should also be modified according to the level of the students. We can start by using a floor line or a floor beam for preschool, a Swedish bench turned upside down for intermediate levels and a real gymnastics beam for older levels.
- > Balance movements can be changed. You can require the students to drag their feet, cross them with each step, walk sideways or even backwards.
- > For the section where students walk on all fours, your may have them perform a crab walk for increased difficulty.