Race-N-Chase

Station: 4

Equipment needed: 4 cones, 2 batons, start lines

Objective of the game:

1. Catch up with and *pass* the runner on the other team
2. Make good hand-offs to team mates as if on a track team
3. Power walk, skip, run (in this order please)

Organization: (Homeroom teacher should help with this)

1. Cones should be set up to make the area look like a track

2. Divide the class into two teams (I do this by asking students to choose a partner to challenge.)

3. Teams line up on the **opposite** sides of the “track” at the designated spot

4. One team faces one direction while the other team faces the opposite direction

How to play:

1. The line leader from each group has a baton to carry while going around the track
2. On the signal “GO” the lead student of each group begins to move around the perimeter of the track. Both students are moving in the same direction.
3. Each student moves around the perimeter of the cones as quickly as possible. When the runner returns to his/her group hand the baton to the next person in line. This person begins to move around the track immediately to complete his/her time. A line will mark the handoff area.
4. After the hand-off go to the back of the line. **Caution** the students: be careful not to get bumped while going to the back of the line to avoid a penalty of 1 point).
5. Begin the game with a *Power Walk, then Skip, finally Run*

Scoring:

1. Start a new game if the score is 1-0. (If a point is scored the game is over and a new game

should be started)

1. Points are scored if:

* A runner is passed (award the team that passes)
* Obstruction: someone gets in the way of the runner and he/she has to slow down (award the other team)
* A runner cuts the corner (award the other team)
* A runner jumps/steps over a cone (award the other team)
* A runner knocks the cone down (award the other team)
* Running when they should be doing another skill (award the other team)

\* Adjust the teams if you need to. Eliminate folks who argue by allowing them to be spectators.

**Thank you for being with us today. We appreciate you making our field day so much fun.**

**At the end of field day, please carry the equipment to the gym and place it under the station number with your color on the wall or place all the equipment near the station number on the field.**