**Overhead Relay**

**Equipment Needed:**
- **Inflatable beach ball** - one for each group

**DIY Equipment:**
*Don’t have the items needed to play?*

Instead substitute any ball or light object

**Get Ready!**

**FORM** groups of 4-5 people. If you have just one group that’s okay!

**STAND** facing one direction in a line (one line per group)

**TIP:** the more players you have the more fun it is. See if your neighbors want to join!

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**Instructions:**

1. When the game begins, the student at the front of the line hops up and down 3 times, picks up the ball, and lifts the ball over their head to pass the ball to the person behind them.

2. When the next person gets the ball they should repeat the movement (hop 3 times and pass the ball). Keep going until the last person in line has the ball.

3. When the last student in line finishes hopping, they should (hop, walk, skip, run) to the front of the line and pass the ball to the student behind them. **OPTION:** switch up the movement. Instead of hopping 3 times, try hopping on your left foot, then on your right and spinning once around before passing the ball.

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**Family Talking Points:**

*Discuss together and write or draw your answers in the space provided.*

Did your team talk to each other in a helpful way? If so, what kind of things did you say?

Teamwork isn’t just for sports, it’s also important at home. How can you help your team at home?

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