



Overhead Relay



Equipment Needed:

- ✓ 1 ball for each group

TIP: Use any type of ball or light object that is safe to pass.

Get Ready!

Form groups of 4-5 people. If you only have 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 the game is. See if your neighbors want to join!

Instructions:

1. To begin the game, the player at the front of the line will hop up and down 3 times. They will then pick up the ball, lift it over their head, and pass it to the player behind them.
2. When the next player gets the ball, they should repeat the movement (hop 3 times, then pass the ball overhead). Keep going until the last person in line has the ball.
3. When the last player finishes hopping, they should run (hop, skip, walk, etc.) to the front of the line and pass the ball to the player behind them.

TIP: Switch up the movements! Instead of hopping before passing the ball, try squatting 3 times.

Family Talking Points:

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

1. Did your team talk to each other in a helpful way? If so, what kind of things did you say?
2. Teamwork isn't just for sports; it's also important at home! How can you help your team at home?