

Relays!

Lesson Idea:

Relay races get all the team members engaged and excited. Relay racing reinforces playing your part in building God's Kingdom. We have included two sets of game instructions, one general and the other specifically for the ocean theme of our event.

Items needed:

- Beacons and rope or danger tape to demarcate the race area
- Items to collect and buckets/boxes to place them in; or pieces of a verse that need to be built.
- Bouncy balls, fly swatters, hula hoops, skipping ropes, skateboards or anything else that is fun.

General Game instructions:

Link to video demonstration: <https://youtu.be/3ZwycHFKdVA>

1. Teams are split into two and must line up on either side of the racetrack.
2. When the leader blows the whistle, the race starts with one person from each team completing the course before handing over to the next team member.
3. The winning team is the one with all its members having completed the course and/or objects in the bucket and/or puzzles completed.

