

# Jumpin' and Rollin' Relay



**Activity:** Children are separated into two teams. Each child picks up the ball, runs to a chalk-drawn circle, steps inside the circle and jumps up and down four times then rolls the ball to the next person in line on their team.

## Objective

The child will participate in a group physical fitness activity.

## I. Physical Development

I.A.a.1. Seeks to engage in physical activities or active play routinely with increased intensity and duration.

[http://www.floel.org/standardsresource/standards.html#d=I&a=four\\_year\\_olds](http://www.floel.org/standardsresource/standards.html#d=I&a=four_year_olds)

## Lesson

1. Use the sidewalk chalk to draw two circles beside each other. Separate the children into two teams facing the chalk-drawn circles.
2. Demonstrate for the children how the relay game is played.
3. Ask if everyone understands what they are supposed to do.
4. At the signal, the children first in line run to a chalk-drawn circle.
5. They pick up the ball and hold it in their arms, step inside the chalk-drawn circle and jump up and down four times.
6. Then, the children roll the ball to the next child in line on their team and take their place at the end of the line.
7. Continue the relay until all of the children on each team have had a turn.

## Materials Needed

- Sidewalk chalk to draw a circle for each team
- Two playground balls (or two small basketballs)
- Whistle or bell (to signal start of relay)

## Checking for Understanding

Children will demonstrate their understanding of the lesson by:  
participating in the group physical fitness activity and following the directions of the relay game (e.g., running, jumping up and down four times)

## Scaffolding

- To decrease the difficulty of the activity, have the children carry the ball back to the next child in line.
- To increase the difficulty of the activity, have the children bounce the ball back to the next child in line.

## Extensions

- Ask the children to count as each child jumps up and down 4 times.
- Provide materials throughout the week for children who wish to play the relay game during outside time.