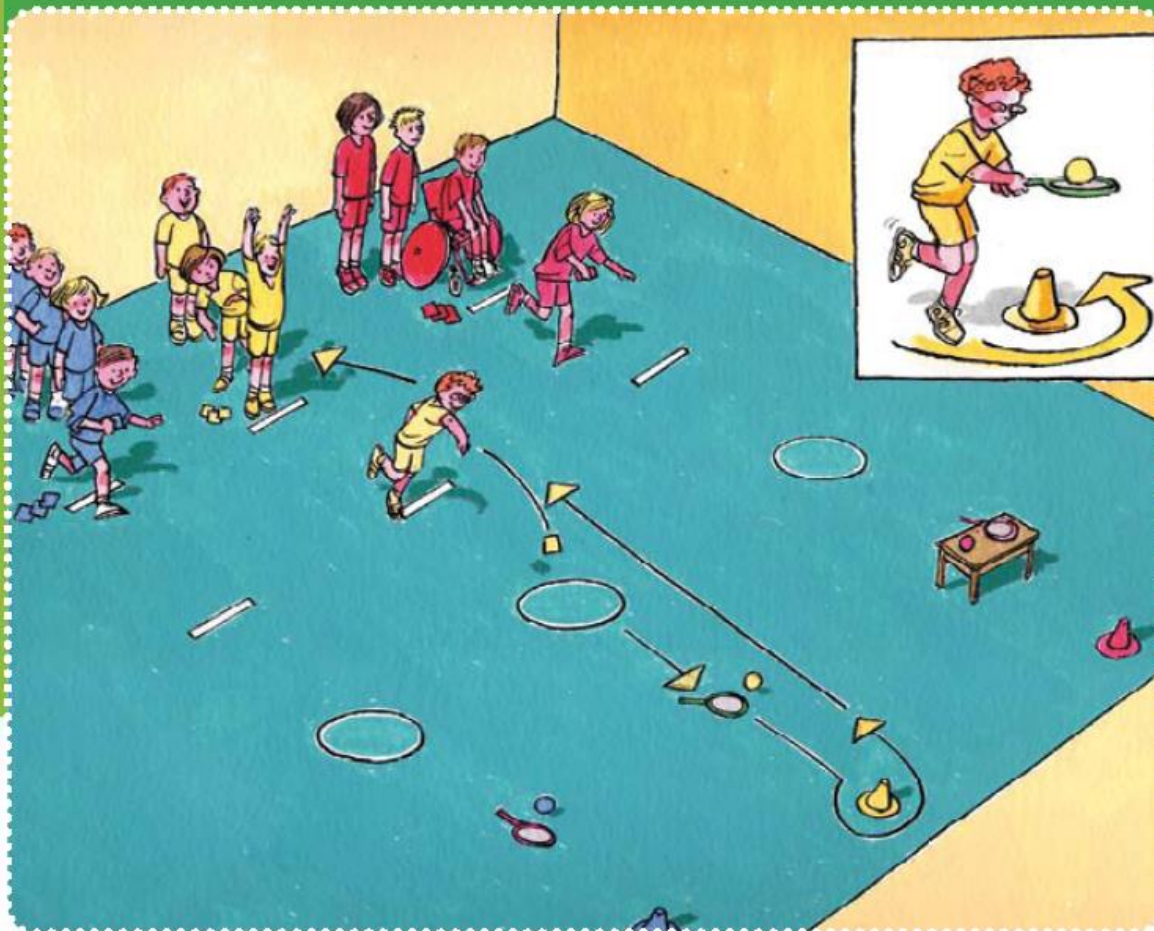


Fundamental skills

Obstacle Relay



How to play

- » Split the group into equal teams, players stand one behind the other at the start line.
- » Place one beanbag per person at the start line.
- » On the leader's signal the first player in each team takes a beanbag and runs to the throw line where the beanbag must be successfully thrown into the hoop.
- » Players return to their team with a sprint finish, where they tag the next team member before moving to the back of the line.
- » The team that completes the course first are the winners.

Equipment needed

- » Beanbags
- » Hoops
- » Racquets
- » Balls
- » Cones



STEP

Obstacle Relay

	Easier	Harder
S	» Reduce the length of the overall course	» Increase the length of the overall course
T	» Reduce the number of obstacles » Leader to emphasise participation aspect of activity	» Add in further obstacles » Add in more complicated tasks at each obstacle » Teams compete against their personal best time
E	» Replace the ball with a beanbag	» Replace the beanbag with a ball
P	» Each team has a volunteer to assist in the completion of tasks	» Each player to complete the course twice

Impairment specific considerations:

Blind and partially sighted:

- » Use hi-visibility equipment
- » Someone to assist with guiding players

Deaf and hard of hearing:

- » Use flags/bibs to signal race start
- » Demonstration before start and for each change of instruction

Physical Disability:

- » Raise equipment off the ground
- » Provide a chute/ramp if required

Learning Disability:

- » Reinforce that each obstacle must be completed before moving on
- » Introduce obstacles progressively, one at a time