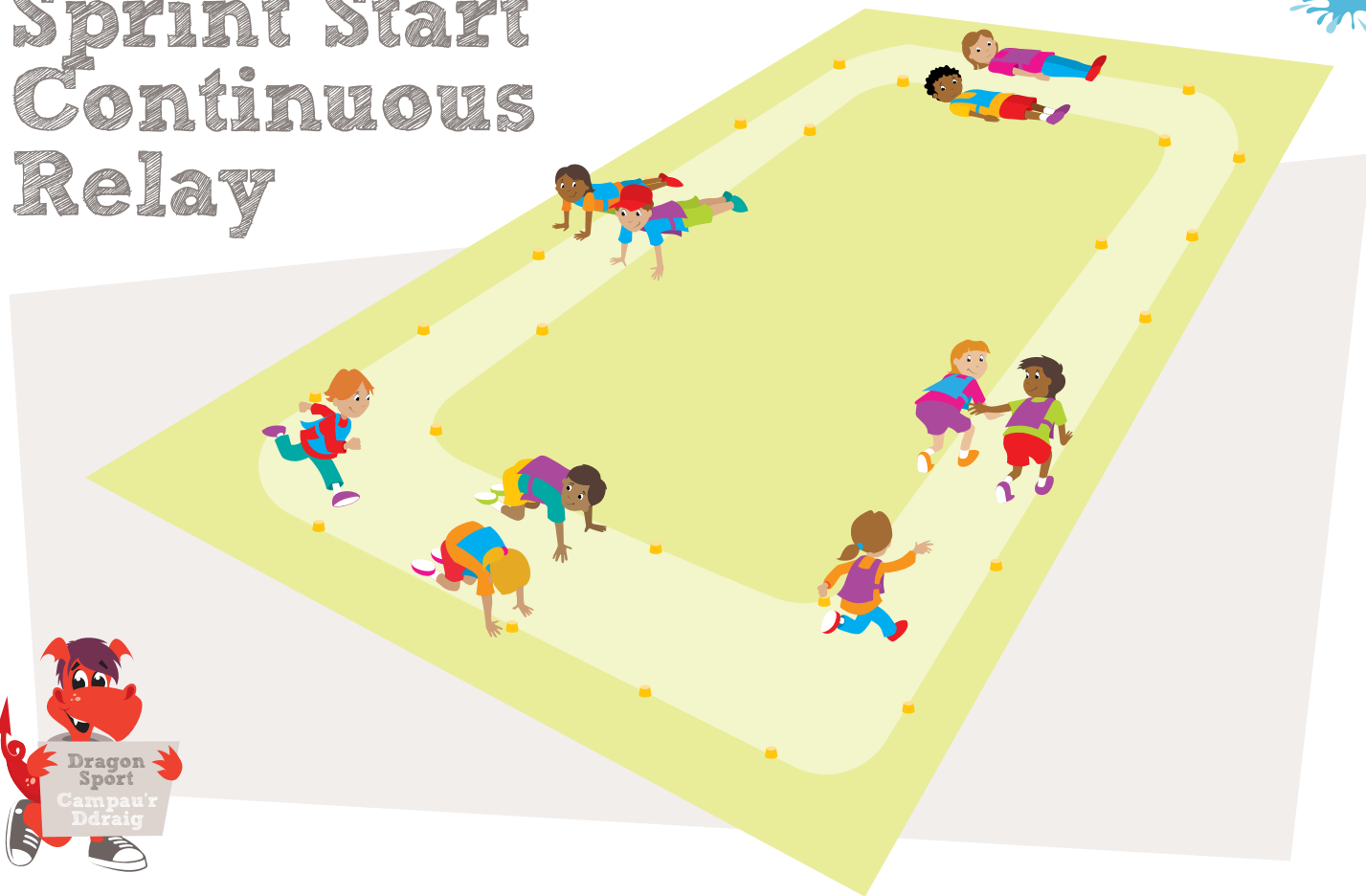


Dragon Sport Athletics

Sprint Start Continuous Relay

Activity Card



Dragon
Sport
Campau'r
Ddraig

Sprint Start Continuous Relay



Let's play

- In one large 'garden', make a course (track) that includes changeover points. Ensure safe changeovers. Each sprint length should equal approx. 10 seconds sprinting
- Compete in teams with one more team member than you have changeover points. For example 4 changeover points = 5 per team
- Each team starts with 2 runners at the start and 1 runner at each of the other changeover points
- Each runner must choose a starting shape, e.g. straight shape on back, star shape on front, angry cat on one knee, fox shape, etc.
- Runner 1 starts in their shape, on command runs to runner 2, touches runner 2 who gets into running stride as quickly as they can and runs to touch runner 3, etc. The relay continues around the track
- Runners must hold a shape whilst waiting for their team mates
- The race finishes when everyone gets back to their original starting position

