

## 4-6 GameBike Relay #1 (football and handball)

### Warm Up (5 min.)

- The students walk one lap around the gym, jog one lap around the gym, and then run one lap around the gym (75% of top speed)
- Have the students spread out around the gym and choose individuals to lead in-place warm ups (10-15 seconds each, give them suggestions such as jumping jacks, marching in place, arm circles, pushups, etc...)

### Lap Relay Race (30-50 min. based on the number of participants)

- Set up the stations as per the descriptions below, one station per team (teams of 5), choose whichever stations you want if there are less than 35 students (i.e. don't use all of them listed below, but always use the rest station and the GameBike station(s))
- If there are two GameBikes, each GameBike counts as a station (even if they are connected to one gaming system and TV/monitor/projector)
- If there are two GameBikes, you can accommodate up to 40 students (8 total stations)
- Divide the group into teams of 5 by equally distributing those with the most athletic ability
- Have the teams come up with team names
- On the video game, choose a course with very short laps (as short as possible) with as many laps as possible (i.e. more laps than can be completed in 5 minutes) or a "training" or "practice" mode that allows for an indefinite number of laps. The idea is to have a continuous "race" during each 5 minute station. You can restart it for each new group.
- Teams get exactly 5 minutes at each station and must stop immediately upon hearing the stop signal.
- Upon completing each station, the team must write down their total laps for that station on their lap sheet
- All the teams should do all the stations
- The team with the most total laps at the end of the last station is the lap relay champion for the day.
- You can total the entire class' laps and create a class vs. class competition as well.

### GameBike Station(s) (equipment needed= 1 volleyball per GameBike station)

Each person rides the GameBike for 55 seconds (instructor tells them when the time is up) and gets as far as possible in the race. The next person then quickly jumps on the bike and does the same thing (continuing the same race). The team members who are not on the bike must "juggle" the volleyball as a team by hitting it up in the air continuously. One person cannot hit the ball two times in a row. Each time they get 10 hits in a row (adjust this number if needed); they get a bonus lap. Add the number of bonus laps to the number of laps the team completed on the GameBike for their total laps for that station.

**Rest Station:** One group will always be at the rest station. Place this station between two of the most strenuous stations in the rotation. During this station they can get drinks and rest. Make sure they stay out of the way of the other stations and that they keep moving slowly (no sitting down) so that they don't cool down too much. They can watch the GameBike station, but only if they are walking around the entire time.



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### Station #1: Dribble Relay (equipment needed= basketball, 2 cones)

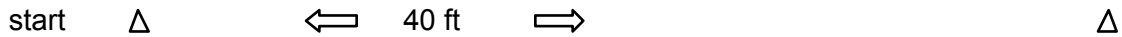
One at a time team members must dribble a basketball from the starting cone to and around the turnaround cone, and then back to the starting cone (at which point the next person takes a turn). Each time the ball goes down and back it counts as a lap.



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### Station #2: Layup Relay (equipment needed= basketball, basketball goal)

One at a time team members dribble up to the goal and attempt a layup. Each team member can only make one attempt per round. A made layup counts a two laps. A missed layup counts as one lap.



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### Station #3: Dribble and Dish Relay (equipment needed= basketball, 5 cones)

One team member stands at each cone. The team member at the first cone starts with the basketball. He/she must dribble it five times before making a bounce or chest pass to the next team member. Each team member must dribble the ball five times before passing it to the next person. When the ball reaches the last cone, that team member must dribble it five times before reversing the passing direction (back towards the starting cone). Each time the ball goes down and back counts as one lap. (place each cone 7-10 feet from the previous cone)



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### Station #4: Agility Course Relay (equipment needed= 10 cones)

One at a time each team member must run through the agility course (as per the diagram below) while always facing the far wall (no turning of the body, thus they can run, slide or shuffle side to side, and then backpedal back to the start). Each down and back counts as one lap.

