

# A Relay Race

**Time needed**  
30 - 60 minutes

## Equipment needed

- cones or similar
- bean bags (optional)
- stopwatch/timer
- a whistle (optional)

## Top Tips!

- You can link this activity with Requirement 3 of the Beaver Health and Fitness Activity Badge, by measuring the Beavers' heart rates before and after taking part in the activity. Find our resources on our Partner page for information on how to measure heart rates and for more activity ideas.
- Offer an Explorer Scout Young Leader the opportunity to come along and lead the session. Whether they have an interest in a particular sport, or want to share their knowledge on leading a healthy lifestyle, this is the perfect opportunity to get them involved.

## Instructions

1. Split Beavers into their Lodges or other small groups.
2. Lay out a set of cones for each Lodge in a straight line, which the Beavers will have to run in between.
3. When you say 'go' or blow a whistle, Beavers should take it in turns to run in and out of the cones and then back again. They should sit down once the whole team has completed the course and are back at the beginning.
4. This can be repeated as many times as time allows.

## Take it further

- Get the Beavers to place bean bags on their heads whilst running the course. This will allow them to pay attention to their balance, as well as their coordination and agility.

## Did you know?

- When doing this activity, you can help Beavers learn what agility means and why it's important. Find out what they know already. Can they think of examples of sports where agility is important? Can they think of activities or exercises that could improve their agility?

## What is agility?

- Agility is being able to start, stop and change direction quickly whilst maintaining proper posture.
- It helps improve performance in activities that require the player to make quick changes in direction whilst maintaining balance, strength, speed and body control.

## Which sports require agility?

- football – agility is important when a player needs to dodge the other team to move the ball closer to the goal
- netball – agility is important when a player needs to turn around quickly to pass the ball
- tennis – agility is important when a player needs to run from one side of a court to the other to reach the ball

## Which activities improve agility?

- throwing/catching a ball against the wall
- hula hooping
- jumping rope
- dancing

