

## A6 ACTIVITY.- Physical education through cooperative methodology

**Country:** Spain

**School:** Escuelas Parroquiales del Sagrado Corazón (Olivenza, Spain)

### EXERCISE NAME

#### TEAM RELAY RACE WITH BALL

**Age band :** 8-16

#### Materials:

Balls (basket balls, volley balls, ....)

#### Objective:

Cooperative skills development, Motor skills development, Speed skills development, Agility skills development, Endurance skills development

#### Initial organization:

Divided in groups of four students (it can be different), the students do a relay race carrying a basket ball.

### Description of the activity:

Placed in rows, the first in each group run with the basket ball from the start to a cone located around 20 metres away. You can use the width of the sports court for example. Then he/she will lay the ball down on the floor.

When the first member of the group comes back and touch the hand of the following, the second member of the group bring the ball back and gives it to the following. The third in the row will do the same than the first ant the last one the same than the second.

### Rules:

The winner is the first team finishing.

It is very important to wait untill the previous member of my team touch my hand or gives me the ball. If I start running before, my team will be disqualified.

### Variations:

We can change the number of members of the team, the distance between the start and the place we lay the ball down on the floor (to develop the endurance skills) , the ball (we can use exercise balls from 1 to 5 kilos to develop their strength skills)...

### Link to the video recorded:

<https://vimeo.com/255462614>