



Relay Game : Boomerang*

Here is an activity to be done during **Week 1** of the 2019 *Health Challenge (Défi Santé 2019)*, which is themed **Ants in your pants!** This game is a relay race to be performed in the schoolyard or in the gym.



Age group:

Multiage

Required material:

Small or big balls

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psycho-motor
- Social

Educative intent:

Through teamwork and mutual help, the student is encouraged to develop his self-esteem.

Professional expertise put forward by this activity:

- Planning and organization of activities for children and groups of children
- Planning predominantly affective activities

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Approach

Context

Students have to encourage members of their multiage team in an original way.

Goal of the game

Complete a lap as quickly as possible: be the first player to return to his starting position without dropping the ball.

How to play the game

1. The teams are placed in single files.
2. The person leading the game gives a ball to the first player of each team.
3. At the starting signal, the first player gives the ball to the second, by passing it over his head. The second player gives the ball to the third by passing it between his legs and so on until the last player is reached and who must then run to the front and start again.
4. The game ends when the first players have returned to their starting position.
5. **Tell us about your experience.** Don't forget to take a picture of the activity and send it to info@de-fisante.ca!

Variations

- Put more balls (2-3) in play.
- Use objects of various sizes and shapes.



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