

Rat Tail Relay

Equipment: Jump ropes for each team to have one, cones

How to Play: Divide the group into equal sized teams (about four or five per team). Place starting cones (one per team) at one end of the gym. Place finishing cones (one per team) at the other end of the gym. Each team is to line up at their own “starting cone.” Each team is given a rope. The team is to line up single file with each player holding on to the rope. On the “Go” signal each team races down and around their cone and back to the “starting cone.” The run is continued by having the next person in line assume the front position at the end of each run. This is continued until every student has a chance to be the leader.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.