

The Blob Returns Relay

Equipment: Whistle

How to Play: Divide the group into two or more teams. Designate a start and finish line for each team. On each team a person is chosen to stand in the middle. The remaining teammates form a circle, joining hands around the person in the middle. At the sound of the whistle, each group moves down to one end of the gym and back at the starting point. The person in the middle is replaced by another teammate and goes in the center of the circle. They then travel as quickly as possible down to the end of the gym and back again. This is repeated until everyone has been in the middle. The group that returns to the starting point first wins.

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.