Content outline
These activities focus on the technical aspects of the track event, the relay. They aim to develop the basic knowledge of how efficiently transfer the baton.
- Hand position when running
- Communication
- Upward / downward Sweep

Space
- If space is available, the distance being run can be increased to add challenge
- You can increase / decrease the space to transfer the baton
- If lots of space is available, can you design your own track?

Equipment
- Use household items to act as a baton (e.g. inner tube of kitchen roll)
- You can also use markers to act as a transfer box (e.g. Towels or spare footwear)

People
- If you have another person in your house, you may be able to coach someone else the correct baton exchange technique
- If other people are available, the task could be performed within a competition
- Ideally, the task required two people – one to pass the baton, and one to receive the baton

This resource and supporting video have been created by:
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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Learning intention
Physical:
- To apply the basic principles of the relay baton exchange

Personal:
- Communication skills

Learning questions:
- Where should your hand be placed on the baton when running?
- Where should your hand be placed when transferring the baton? Why is this?
- Why is communication between you and your partner important?
- How can we maintain efficient running technique while receiving the baton from your partner?
- How could you improve your technique?

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