



Relay Race Quiz

How It Works

Using the *Functional Fitness Charts*, **Relay Race Quiz** allows teachers to seamlessly incorporate physical activity into numeracy and/or literacy lessons while also meeting their DPA goals. It helps students practice curriculum-based concepts as a part of a team while having fun.

The teacher divides the class into teams and the students in each team form a line, like in a relay race. The teacher asks lesson-based questions to the first student in line from each team. The student who is first to raise their hand and correctly answer the question is rewarded by being able to select which exercise they would like to complete to move closer to the finish line.

The students continue answering questions until they cross the finish line (or until 4 questions have been asked), at which point they run to the back of their team's line and the next student is able to answer the questions. Each time a student crosses the finish line their team scores a point, the team with the most points wins.

Materials Needed

- Selection of *Functional Fitness Charts* specifically designed for forward movement, (E.g. from the Perfect Practice set — Heel-Toe Walk (4), Power Jumps (5) and High Thighs (19))
- List of lesson-based questions
- Noise makers for students to use when “ringing in” to answer questions (optional)

Preparation

- Select 3 movement-based *Functional Fitness Charts* with varying levels of difficulty
- Create a wide, open space that will allow students to move freely and securely or take the lesson outside for more space *and* fresh air
- Prepare a list of literacy or numeracy-based questions that students will be required to answer (E.g. addition, division, spelling, identify verbs in a sentence...)
- Paper and pencils to write down or calculate answers (optional)

Suggested Approach

- Walk through each *Functional Fitness Chart* with your class, ensure they understand how to perform each movement correctly
- Clearly explain how the game is played, the rules and desired outcome
- Divide your class into teams and have each team line up one behind the other (in a relay style)
- Have students raise their hand or use noise makers to ‘ring in’ when answering a question to avoid students shouting their answers