



THE STATIONS RELAY RACE

Object: Have your company cruise through three engaging stations in groups of three as quickly as possible.

Materials: Jump ropes, flags

How to Play: Have your company line up in groups of three. One group at a time goes out to complete the three stations then runs back to the beginning line. Only one group can be out at a time. Once the whole company has all gone through all the stations twice, sit down...you're done. Here is a description of the three stations.

1. At station one, two people hold the jump rope while the third jumps rope. After jumping the rope five times, the group can move on to the next station.
2. At station two, the three kids hold hands and spin in a circle, making five complete revolutions.
3. After the five revolutions have been completed, the kids leap frog to the third cone. Upon reaching the third cone, run creatively back to the beginning.

Rules: Remember, only one group at a time.

Creative Ideas: Suggest the participants run from station to station creatively, such as doing the tango, skipping, frolicking, salsa dancing, etc.

Counselor Procedures:

- One counselor needs to be at the beginning of the line sending participants
- Another counselor could be at the last cone making sure all the participants get around the cone