

PUZZLE RELAY

Challenge your brain and body with this interactive, cooperative relay! Play in a large or small space, indoors or outdoors. Blacktop or flooring is best (not grass or dirt).

Objective

Demonstrate teamwork, cooperation, proper form, pace, and technique when performing fitness, fine and gross motor, and cognitive activities.

Student Cues and Focus

- Work cooperatively
- Encourage one another
- Focus on form and pace

Standards: 1,2,4,5

Setup & Procedures

1. Set the puzzle pieces in their containers at opposite ends of the set outdoor space or gym.
2. Teams of 3-5 line up on the opposite end from their puzzle.
3. On the signal, one player for each team runs to the other side to pick up one puzzle piece from the container, returns to the start, and places it on a table or on the ground behind or next to their line.
4. The next person runs back to pick up one more piece.
5. Continue, until you have enough pieces to begin working on your puzzle. This point will be up to the individual person or team.
6. The team can work on the puzzle together
 - a. when all the pieces have been collected
 - b. during the relay (1 runner at a time, possibly after they return with their piece)
7. The first team to complete the puzzle wins.

Materials

- 24-25 piece puzzles* and small containers for each
- cones/dots (if needed) to mark Start/Finish

100 Mile Club® Mile-Equivalents

- Provide a given set of lap credit for each puzzle assembled with the team.
- Provide up to one (1) mile for every 20 minutes of engaged MVPA*

*MVPA: Moderate to Vigorous Physical Activity

Modifications/Variations

When each team finishes a puzzle (as above), *together* they bring it to/show coach for a set number of lap-credits, disassemble and place back in the container, swap for another puzzle and go again. Go for a set time or until each team has completed a set number of puzzles.



Use different size puzzles and/or distances for different age/ability level.

- ✓ **Need a visual?** We found a video of a [Puzzle Relay](#) (referenced below).
- ✓ **Cost-Friendly Puzzles?** Puzzles are easily available at various Dollar Stores nationwide
- ✓ **Music makes it great.** Use music to start/stop play.



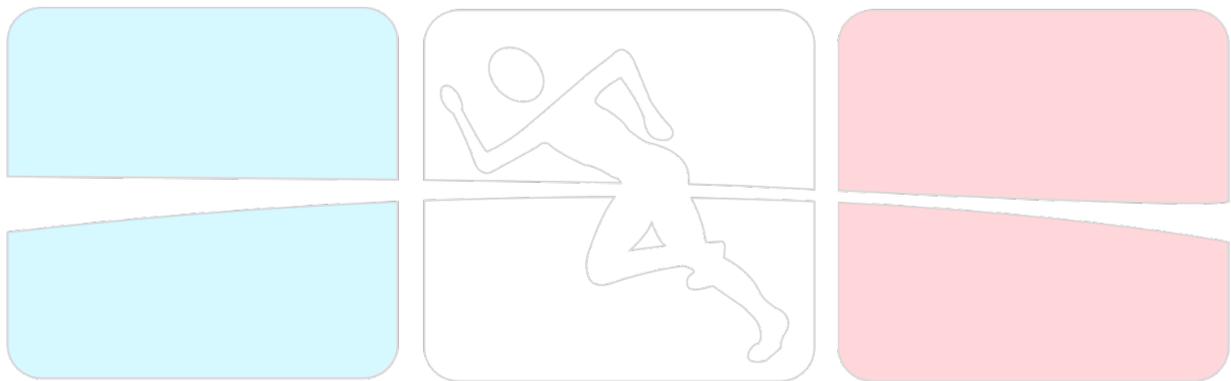
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- ✓ **Encourage & Communicate.** Praise cooperation, teamwork, effort, and assist groups as necessary.
- ✓ **EYES Open.** Watch to ensure all are getting a chance to run and assemble puzzles
- ✓ **Finish With a 100 Mile Club® Team Cheer.**

REFERENCES:

Carly. "PE Warm-Up Game - Puzzle Relay." YouTube, 8 Mar. 2011, youtu.be/czptSrxRSBs.

SHAPE America. (2014). National standards & grade-level outcomes for K-12 physical education. Champaign, IL: Human Kinetics.



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