

Relay Game Ideas for Camp

Ball Relay

Required: 15 sets of balls in various sizes, two ball bags and two hula-hoops

Players: Small to large groups

This game is great for a physical education teacher. Set up players in two teams. You will need 15 balls for each team. The balls for each team should match in size. You should use medicine balls, basketballs, soccer balls, footballs, kick balls, volleyballs, etc. Each team should have the same size and amount. In front of each team, place a hula-hoop filled with all their balls, the big ones should be on the bottom with the little ones on top. All the balls should fit inside the hoop. At the other end of the field will be a ball bag for each team (big enough to hold all the balls for that team). The first person from each team is to grab a ball, take it down the field, stuff it in the bag, race back and tag the next person who will do the same. You keep doing this until the last ball is left. The person with the last ball will take it down field, stuff it in the bag, bring the bag back to the front of the line where the hoop is and place all the balls back into the hoop. Once all the balls are out of the bag and placed in the hoop that team wins, but the trick is they have to be stacked correctly to fit into the hoop. The big ones must be on the bottom and the little ones on top.

Balloon Head Race

Required: Balloons

Players: Small to large groups

Organize players so that they're into pairs and each team receives a partially inflated balloon. When the game starts, teams must race to a finish line carrying a balloon between their heads, remember don't use your hands. On hot days try it with water balloons or through a sprinkler. You can even try an obstacle course.

Banana Olympics

Required: Bananas

Players: Small to large groups

Divide the group into teams of 8-10 players and give each team a banana. Each team will complete several series of different relays using their banana. Here are some ideas for those relays.

1. The banana under your armpit and hopping on one leg down a field and back.
2. Place the banana between the knees and hop down a field and back.
3. Two teammates tossing the banana back and forth down the field and back.
4. Place the banana on the ground and each teammate must roll across the banana.
5. Teammates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same.

Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Once a team has completed all these relays someone on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list or use only a few ideas. You can adjust this game to all types of players including the disabled.

Created by R. Scheel, Fun-Attic, Inc.

Beanbag Bowling

Required: 5 bowling pins and 5 bean bags

Players: Medium to large groups

Play on a smooth flat surface like a gym floor. Divide players into four teams. Place one bowling pin exactly in the center of a 30ft - 40ft circle. The other four pins will be placed evenly around the outside of the circle. One player from each team will be on the outside of the circle standing next to their bowling pin but slightly behind it. The player is given a FlingSock or beanbag to hold onto while they run. When signaled the players are to run around the outside of the circle in a clockwise direction. Once they make a complete circle they are to stand at their bowling pin, toss their bag so that it will slide across the floor in an attempt to knock down the bowling pin. If their bag misses they are to retrieve their bag and return to their throwing position and try again until someone knocks down the pin. The team that knocks down the pin receives 5 points. The next players on each team will do the same until all players have had a chance to do the relay. The team with the most points is the winner.

Big Foot

Required: Large rubber boots and grass play area

Players: Small to large groups

Set up teams with each team assigned one pair of large rubber boots. These boots can be fishing waders and it would be helpful if the players could just slide their shoes right into the boots without taking off their shoes. Have teams line up behind the starting line. The first person on each team must put on the rubber boots, race down grass course and back, take off the boots and the next person on the team will do the same. When the last person on one of the teams crosses back through the starting line first, they are the winners.

Blinded Ball Retrieval

Required: Containers, balls and blindfolds

Players: Small to large groups

Separate into teams of 4-8 players and each team will have one container of balls and one blindfold. Each container will have the same amount of balls about 3-5 depending on the size of the teams. The container of balls will be placed about six feet in front of the teams. The first player will put on the blindfold and then the balls will be dumped out. Each player will try to retrieve 3 balls and place them back into their own container by following instructions given by the rest of the team. Once they have done this they can remove their blindfold and return to the next person in line. That person will put on the blindfold and the balls will be dumped. They will also retrieve 3 balls for their container. The balls can be any balls that they find but they have to go into their own container. If they put a ball into the wrong container it will count for the other team. Caution the players not to run because they can bump into the other players that are blindfolded. It's best if only one person from the team tells the blindfolded player where to go. It will take teamwork trying to keep quiet so that the player can listen for direction. The first team done with the rotation is the winner.

Created by R. Scheel, Fun-Attic, Inc.

Four Leaf Clover Race

Required: Cut out two 5 inch clovers for each team

Players: Small to large groups

Set up teams with first person on each team holding 2 four leaf clovers. On “go” they are to place the clovers in front of them to step across the course. When they step to the second one, they are to pick up the first one while standing on one foot. Once they pick up the first one they place that one in front and step on it. The object is to go across the course stepping on only the clovers without stepping on the floor. If they step on the floor they must return to the starting line and start again. You can use different variations of this game. You could line a gym up with everyone holding clovers and the first one across is the winner. This also could be varied for the time of the year, Valentines, Crosses for Easter, Bunnies, or Spring Flowers.

Ice Fishing

Required: Roasting pan, ice cubes, and marbles

Players: Small to medium groups

Fill a roasting pan with ice and then put marbles in it. You can break the kids up into teams and then have each person on the team come and try to “fish” out one of the marbles with their bare feet. The first team done wins. You’ll really like watching everyone’s expressions when they stick their feet in the ice.

Submitted by Sean Macdonald, Bethel Brethren Church

Orange Eating Race

Required: Oranges

Players: Small to large groups

Divide into groups depending on participants and supplies. The object is for each person to help peel the orange and eat it. Start out with everyone washing their hands and the oranges. The first person from each team is to peel one piece of skin then hand to the next person in line to peel one more piece of skin. Once the orange is peeled teams are to take one section of orange pass the rest to next player and eat his section. First team done peeling and eating their orange is the winner!!! (very appealing) Caution - don’t choke on the seeds.

Orange Relay

Required: Oranges

Players: Small to large groups

Divide into groups depending on participants and supplies. The object is to pass the orange from one teammate to the next from under the chin without using your hands. If groups are small, make them go around twice.

Ping-Pong Relay

Required: Buckets and ping-pong balls

Players: Small to large groups

For each team, have one bucket and five ping-pong balls. The object is to have players one at a time, run barefoot down the course to where bucket and five ping-pong balls are on the ground. They are to sit on the ground and using only their feet, pick up the ping-pong balls and put them into the bucket. Once they have all the balls into the bucket, they are to dump them out, run back to the team and have the next person do the same. The first team with everyone completing the task is the winner. You could try water bombs instead of ping-pong balls.

Snow Blowing Relay

Required: Paper towel tubes and ping-pong balls

Players: Small to large groups

Set up each team with one ping-pong ball and one paper towel tube. If you wish to, you can decorate the tubes by painting them or wrapping them with different types of wrapping paper, but leave the two ends open. Set up the course with confetti-like snowflakes, stars and so on. Each team member one by one will put their ping-pong ball on the starting line, get on their hands and knees and blow through the tube to move the ball while going down the course and back. The next player will do the same after receiving the tube from the previous player. The first team done is the winner.

Created by R. Scheel, Fun-Attic, Inc.

Spoon Water Relay

Required: Tablespoons (for adults), large serving spoons (for children) - 1 per team; 1 bucket per team, 1 large can per team (juice can works), water

Players: Medium to large groups

Divide your players into teams of 6-10. Place a bucket of water at one end of the field and the jar or can about 10 feet away (20 feet for adults). Each team lines up behind the bucket of water. The first person takes the spoon, fills it with water, and empties it into the jar or can. He then runs back to the line and hands the spoon to the next player. The first team to fill their jar or can wins!

Submitted by Janet Boileau