

Wacky Races

Wacky Races is an assortment of relay races and challenges which cover elements / skills from a wide range of sports including football, basketball, hockey, tennis etc.

# Preparation

You will need to prepare a running order of relay races which will cover the whole evening.

# Equipment Required

The equipment required will depend on your chosen relay races / challenges. See below for list of races / challenges and equipment required for each.

# Staff

* Staff will be required to run a number of races / challenges and float around ensuring all students are encouraging team members and behaving whilst races / challenges are taking place.

# Splitting the Students into Groups

As the students arrive hand them a coloured bib or sticker (number of colours depends on number of teams required) and send them to the corresponding area.
Once all the students are in, explain to them that this is their group for the evening.

# Running the Activity

The number of races / challenges will depend on length of evening activity (normally 2 hours) and how quick they are completed. You will need to have a number of cones available (2 per team). One will be placed as the starting point (in which the team will sit behind in single file) the second cone will be the distance each individual has to travel to before turning around to head back to the starting point. Before each relay race / challenge takes places UKLC should undertake a demonstration. After each relay race staff can read out 1st, 2nd & 3rd and also award any bonus points.

\*Ensure all teams receive points regardless of their position of finishing the race / challenge. For example if you have 10 teams on the evening the points system would be as follows 1st place = 10 points, 2nd place = 9 points, 3rd place = 8 points, 4th place = 7 points, 5th place= 6 points, 6th place = 5 points, 7th place = 4points, 8th place = 3 points, 9th place = 2 points and 10th place = 1 point. At the end of the evening all scores should be totalled and results to be revealed.

# Races / Challenges:

These are just examples of activities / challenges. You may use these for your evening or use your imagination & create new activities.

## 1 – Running RelayYou will need: No equipment

Each individual will be required to run one by one to the given point and back. Before the next person in line runs they have to wait for the previous runner to return and high five them.

## 2 – Over Under You will need: Balls (one per team)

Each team will be required to stand in a single file line behind the starting point. The person at the front of the queue will start with the ball and when instructed they will pass the ball to the person behind them in the line over their head, the next person in line will then pass the ball through their legs to the next person in line. This is then continued throughout the line. When the ball reaches the end of the line they will be required to run to the front of the queue begin the same process. This is continued until the whole team is over the finishing point.

## 3 – Football DribbleYou will need: Footballs (one per team)

Each individual will be required to dribble a football one by one to the given point and back. Before the next person in line runs they have to wait for the previous runner to return and high five them.

## 4 – Chicken Run You will need: Balls (one per team)

Each individual will be required to travel with a ball in between their legs one by one whilst undertaking a chicken impression to the given point and back. When each individual reaches the given point they must imagine they are a chicken laying an egg (bonus points will be awarded). Before the next person in line runs they have to wait for the previous runner to return and high five them.

## 5 – Basketball Dribble You will need: Basketballs (one per team)

Each individual will be required to dribble a basketball one by one to the given point and back. Before the next person in line runs they have to wait for the previous runner to return and high five them.

## 6 – Tunnel BallYou will need: Balls (one per team)

Each team will be required to stand in a single file line behind the starting point with their legs shoulder width apart. The person at the front of the queue will start with the ball and when instructed they will push the ball through their legs. This is then continued throughout the line. When the ball reaches the end of the line they will be required to run to the front of the queue begin the same process. This is continued until the whole team is over the finishing point.

## 7 – Hockey Dribble You will need: Hockey Sticks & Balls (one per team)

Each individual will be required to dribble the hockey ball one by one to the given point and back. Before the next person in line runs they have to wait for the previous runner to return and high five them.

## 8 – Hula Hoop Challenge You will need: Hula Hoops (one per team)

Each team will nominate one female and one male who they feel will be able to hula hoop the longest. There will be a female and male heat of hula hoop. The winning team = the last one standing.

## 9 – Tennis Racket Balance You will need: Tennis Rackets & Balls (one per team)

Each individual will be required to balance the tennis ball on the racket one by one to the given point and back. Before the next person in line runs they have to wait for the previous runner to return and high five them.

## 10 – Team Skip You will need: Large skipping rope

Each team will be required to skip as a team for as long as long as possible. The winning team = the team with the most successful jumps.

\*These are just a few examples use your imagination to create races / challenges for the evening\*