



WEEK 4 – MAIN ACTIVITY 2

OBSTACLE RELAY – ACTIVITY CARD

FOCUS: Agility, Speed & Confidence

YEAR 5/6 (9–11 YEARS)

EVENT: Obstacle Relay



ABOUT THE ACTIVITY

Teams complete a relay race where each player must travel around or over obstacles before returning to tag the next teammate. It develops agility, speed, balance and teamwork.



TRAINING TECHNIQUES

- Start Strong**
Push off hard and accelerate towards the first obstacle.
- Over / Around**
Use quick feet over hurdles. Stay low and balanced through the slalom.
- Jump**
Take off from one foot, jump over the mat and land with soft knees.
- Change Direction**
Slow down slightly before the cone and change direction with control.
- Sprint to the Finish**
Accelerate towards the tag zone.
- Tag and Go**
Give a clear hand tap and move quickly to the back of the line.



SAFETY

- Ensure the area is clear of people and obstacles.
- Check obstacles are stable and safe.
- Land softly and look where you are going.
- Wait behind the line until it's your turn.



CHALLENGE YOURSELF!

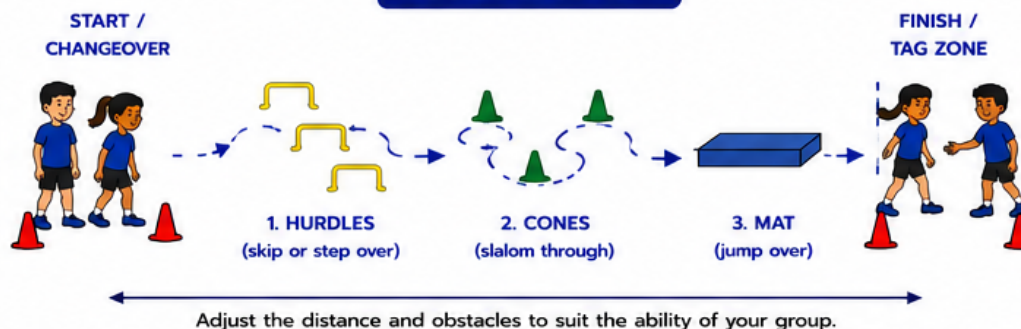
Can you complete the course quickly and smoothly?
Try to improve your time each time.
Can your team complete the relay with no mistakes?



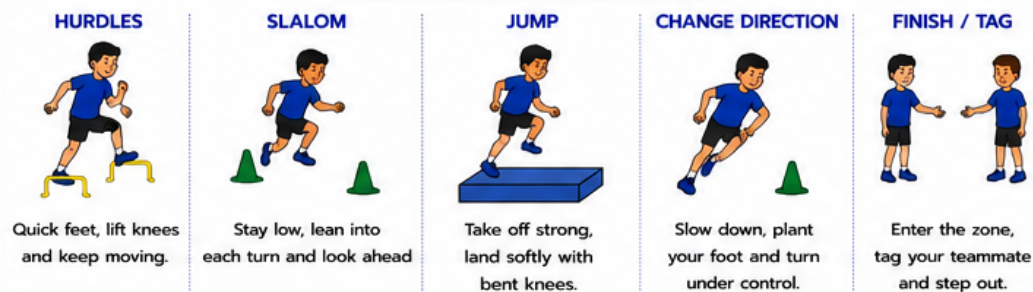
THINK TEAM!

Encourage and support your teammates.
Work together and celebrate each other's efforts.
Good teamwork helps everyone improve!

EXAMPLE SETUP



KEY TECHNIQUE POINTS



COMMON FAULTS TO AVOID

- ✗ Not lifting knees over hurdles.
- ✗ Knocking cones or taking shortcuts.
- ✗ Jumping with two feet take off.
- ✗ Landing with straight legs or stiff knees.
- ✗ Changing direction too fast.
- ✗ Stopping in the changeover zone.
- ✗ Not tagging inside the zone.
- ✗ Looking down and losing speed.



COACHING CUES

- ✓ Run with a tall posture and look forward.
- ✓ Pump your arms to help you run faster.
- ✓ Take off from the back foot to jump.
- ✓ Bend your knees to land softly and safely.
- ✓ Change direction under control.
- ✓ Stay focused on the course.
- ✓ Tag the next person in the changeover zone.



MAKE IT EASIER

- Reduce the distance between obstacles.
- Use fewer obstacles.
- Lower the hurdles and use smaller cones.
- Step over hurdles instead of skipping.
- Allow walking or jogging.



MAKE IT HARDER

- Increase the distance between obstacles.
- Add more obstacles.
- Raise the hurdles and widen the slalom.
- Add a balance obstacle (e.g. hoop).
- Use a relay baton or object to carry.
- Add a time challenge or race against another team.