

# Athletics - Inclusive relay

**Athletics** - A fun relay activity that enables young people of different abilities to participate together.

## **Age Range**

Any age

## **What you need**

- Cones / marker discs or substitute (like weighted plastic water bottles)
- Relay batons or a substitute like a beanbag.

## **How to play – game basics**

Rather than asking one athlete to run an entire 400m lap in one go, the race is run as a team event. Athletes take it in turn to run a specific distance before handing the baton (or bean bag, or touch) to the next team-mate who continues the race.

- Teams can be as many as eight in number depending on the distance.
- Continuous relays can be competed over different distances in total – 400m, 800m, 1500m.
- Teams are set out around the track where they will take the baton from the incoming runner; starters are on the start line waiting for the start signal.
- The first “leg” runners carry the baton for the specified distance and transfer the baton over to the next team-mate to carry on the relay.
- This continues until the distance or number of laps until the race is finished.
- Athletes of different abilities cover the distances that suit their abilities.
- This means that disabled and non-disabled athletes can take part in the same team. Teams can also consist of boys/girls or older/younger athletes.



## **Something to think about**

Decide which runners are best suited to the different distances.

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BESO can be applied to adapt or modify the activity as in these examples.

## **tegeBar (Task)**

- Increase team numbers to make the event more enjoyable and less challenging for individuals, particularly younger athletes or those who need to build up their fitness.

## **hEzebe (People)**

- Young people can take it in turns to either participate or help officiate.
- Vision impaired runners run with a sighted guide.

## **quSaquse (Equipment)**

- If batons are not available, just use a simple touch change-over between runners.

## **bOta (Space)**

- Start with shorter distances and increase as athletes become fitter; remember athletes of different abilities run different distances.

## **Safety**

- Use two lanes per team to help reduce collisions or a wider space between teams if on grass field.
- Be careful to avoid bumping the waiting runner.

## **How to improve**

- Practise change-overs before beginning the actual race.



## **Extension game – Match up**

- Try matching up teams according to ability.
- For example, try to have teams containing young people with similar abilities such as older athlete, younger athlete, wheelchair user, vision impaired athlete.
- Or teams based on gender; for example, three girls and two boys in each team.