



# Pass the Baton Relay

**Focus Area:** Physical Activity

**Description:** Work as a team to complete a walking relay. Each person will complete a leg of the relay.

**Category:** Pairs or groups

**Length of Activity:** Varies

**In-person or Virtual:** In-person

## Materials Needed:

- Baton (can be any item or something you create)
- Prize (optional)
  - This can be as simple as a certificate.

## Directions:

1. Create a baton, mimicking those used in Olympic team relays. You can simply use paper and tape or your own creativity.
2. Determine a walking distance (can be measured in metrics or time). You could also use [MapMyWalk](#) as a resource to identify a relay route.
3. The first participant will begin the challenge by completing the department-determined walking route/distance and will "Pass the Baton" to the next participant upon completion.
4. Each participant has a predetermined timeframe/distance to complete his or her leg of the relay before passing the baton to the next person.

