

## Relay Trivia

**Overview:** Children will answer physical activity, nutrition, and garden-related questions during this fun and active relay.

**Subject area:** Physical Activity

**Grade level:** K-5<sup>th</sup>

**Prep time:** 5 minutes

**Lesson time:** 25-30 minutes

**Materials needed:**

- At least 2 dry erase boards or 2 pieces of poster board
- 2 markers
- 2 lists of the same questions (for examples, see below)

**Space needed:** Field and a wall or easels to hang poster boards or dry erase boards.

**Staff needed:** 3

**Preparation steps:**

1. Hang up dry erase boards or poster boards about 20 feet apart from each other.
2. Station a staff member at each board with the questions. The remaining staff member will be stationed with the children.

**Presentation steps:**

1. Split children into two teams and line them up 25-50 feet away from the dry erase boards or poster boards.
2. The staff by the children calls out a movement (e.g. run, skip, hop, dance, etc.).
3. The first child from each team has to run, skip, hop, dance, etc. to the boards.
4. When they reach the board, the staff will ask a question from the list below and write down the child's response.
5. The child has to run, skip, hop, dance, etc. back to their team and tag the next child in line.
6. Repeat this process with the same question until all children have taken a turn.
7. Repeat with another question, as many times as you would like.
8. The team that finishes the relay first wins!

**Sample Questions:**

1. What is a sport you play using a ball?
2. What is an activity to make your heart beat faster?
3. Name a vegetable that is green.
4. Name a fruit that is red.

5. Name a dairy product.
6. Name a kind of nut.
7. Name a flower that is yellow.
8. Name a bug that is good for the garden.
9. Name a fruit that grows on a tree.
10. What is a sport you play as a team?