



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 an 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.



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