Apples to Oranges Relay

AGE/GRADE LEVEL: Youth, Grades 1-5

FORMATION: Two lines, single file, arms-length apart

EQUIPMENT: One plastic apple, one plastic orange

RULES/DIRECTIONS:
1. Organize two relay teams: Apple team and Orange team.
2. On the word “go” from the teacher, first student uses two hands overhead to pass the fruit to the student behind.
3. Second student uses two hands, between their legs, to pass the fruit to the student behind.
4. Continue passing the fruit in the over-head, under-the-legs pattern until the fruit reaches the last student in each line.
5. Last student in line raises fruit high in the air.

VARIATION: Separate lines by boys and girls.
Pass sideways by twisting to the left and right.

NUTRITION NOTE: Try with different fruits and vegetables.
Ask students about how the game would work with different fruits and vegetables, such as a watermelon or a blueberry.

“Energizers for Nutrition Education” was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit www.extension.umn.edu/family/health-and-nutrition.