

### **Kick it Down, Foot it Up Relay**

Played inside or out

**Equipment Needed:** several 2-liter plastic bottles

#### **How to play:**

Make your relay teams. Line them up on one end of the playing area and put a 2-liter plastic bottle in front of each team. (Preferably about 30 feet away but use the space you have).

On the signal to begin, the first players in each team runs forward, gently kicks down the bottle. They then sit down and put the bottle back up using only their feet.

They return to tag the next player on their team. First team to finish wins the relay.

Try this activity the same way except have two players holding hands as they move forward to the bottle.