

# Pony Express

---

Grades 3-6

## INTRODUCTION

Pony Express is a relay game which enhances cardiovascular fitness.

## NUMBER OF PLAYERS

Arrange the players into teams of four players each; an unlimited number of teams can play simultaneously

## EQUIPMENT

One track baton (or a similar type object) for each team, cone markers

## HOW TO PLAY

Using a large open area, design an oval shape course. Place a cone marker at four stations on the course that are equally spaced apart. Form teams with four players, and assign each of the players a station to start the game. The runners at station #1 begin with batons.

On a starting signal, the runner at station #1 carries the baton to his or her teammate at station #2. After handing off the baton, the runner from station #1 stays at station #2. The runner from station #2 carries the baton to his or her teammate at station #3, hands off the baton, and stays there. The runner from station #3 carries the baton to station #4, hands off the baton, and stays there. The runner from station #4 has to carry the baton all the way (two segments) to the next teammate who is now at station #2. Throughout the game, every runner at station #4 will have to run double duty. Play continues in this fashion until all of the runners are back in their original starting positions. The objective is to be the first team to finish the race.

