

KEY STAGE 3

RELAYS BASIC RULES & SKILLS



Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Relays

Basic Rules

Objective of 4 x 100m Relay

The objective of the 4 x 100 m relay is to complete a race with a team of four runners. The goal is to pass the baton from one runner to the next within a designated exchange zone, without dropping the baton or stepping outside the exchange zone. The first team to cross the finish line after all four runners have completed their legs of the race is the winner.

Each relay team has four runners, each running 100 meters each.

It is crucial that the exchange takes place within the designated exchange zone, which is 20 meters long and marked by yellow lines.

If the baton is dropped or the exchange takes place outside the exchange zone, the team will be disqualified.

Runners also need to stay in their designated lane, changing lanes or stepping out at any time will also result in disqualification.

Preparation

The objective for the preparation phase is for the incoming runner to maintain maximum speed and the outgoing runner to assume a starting position and to start at the optimum moment.

Holding the Baton

The baton is carried in the right hand for the first leg runner, passed to the left hand of the second runner, passed to the right hand of the third runner who passes to the left of the fourth runner.

The baton should be gripped comfortably in between thumb and fingers and the bottom of the baton.

Check Marks

Outgoing runners place a check mark on the ground usually about 15-25 foot lengths before the start of the acceleration zone.

The incoming runner approaches at maximum speed.

Outgoing runner is positioned on the balls of feet, knees bent, leaning forward ready to respond to incoming runner's command.

When the incoming runner hits the check mark, the outgoing runner starts to run.

Acceleration

Acceleration of the outgoing runner must be strong and consistent. Incoming runner usually gives a command for the outgoing runner to receive baton.

Outgoing runner extends arm backwards and begins to run. Incoming runner reaches forward without slowing.

Exchange

Incoming runner focuses on outgoing runner's hand as they approach. Either of the two exchange techniques can be used:

Up-Sweep Technique

- Incoming runner shouts hand!
- Outgoing runner holds out their right hand, palm facing **downwards** in a V shape.
- Incoming runner places the baton **up** into the palm of the outgoing runner.
- Outgoing runner grasps the baton and accelerates away.

Down-Sweep Technique

- Incoming runner shouts hand!
- Outgoing runner holds out their right hand, palm facing **upwards** in a V shape.
- Incoming runner places the baton **down** into the palm of the outgoing runner.
- Outgoing runner grasps the baton and accelerates away.

Tactics & Tips

Practice and communication between the runners is key to performing successful relay changeovers.

Each runner should know the position of the incoming runner and be aware of the exchange zone and check mark to make the exchange as smooth as possible.

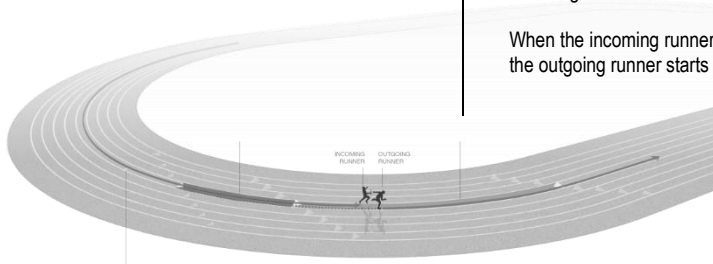
Person receiving baton need to provide a stable target for receiving the baton.

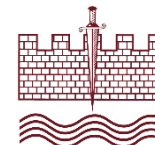
Focus visually down the track, when receiving the baton listen for commands from incoming runner.

Use the incoming athlete hitting the check mark as the gun to start running.

Decide who is running which leg based on speed:

- 4th leg – Fastest runner
- 2nd leg – Fastest over longest distance
- 1st leg – Good starter
- 3rd leg – Slowest runner





KEY STAGE 3

HOMEWORK / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

What is the objective of 4x100m relay?
How many meters does each leg run?
How big is the baton exchange zone?
What are the two baton exchange techniques?
How can you effectively pass the baton during a relay race?
How does the order of team members affect the outcome of a relay race?
What are common mistakes that teams make during relay races?
What are some effective ways to analyse and improve the timing and speed of baton exchanges in relay races?
How do you mark out a check point?
Why is it important to communicate well with your team?
What happens if you drop the baton or run outside of your lane?
What happens if you don't pass the baton in the exchange zone?
How do you decide who runs which leg?
How can you use your strengths and abilities to contribute to your team's success in the relay race?
What are some techniques for finishing strong in a relay race?
What strategies can you use to maintain your speed and momentum during a relay race?

Key Vocabulary

Anchor leg – The final leg of a relay race, typically run by the team's fastest or most experienced runner.
Baton – The stick or tube-shaped object that is passed from one runner to another in a relay race.
Check mark – A point 15-25 foot length ahead of acceleration zone.
Down sweep – A change over technique where the baton is placed down into the runners hand.
Exchange zone – The designated area on the track where runners pass the baton from one teammate to the next.
False start – When a runner begins to run before the starting gun has been fired, resulting in disqualification from the race.
Incoming runner – Runner with the baton.
Outgoing runner – Runner receiving the baton.
Relay race – A track and field event in which a team of runners take turns running a specified distance while passing a baton from one to the next.
Running order – The predetermined order of runners on a relay team, based on their strengths and abilities.
Split time – The time recorded for each runner's portion of the relay race, which is used to calculate the team's overall time.
Upsweep – A change over technique where the baton is placed up into the runner's hand.
Zone violation – When a runner leaves the exchange zone early or enters the zone late during a baton handoff, resulting in disqualification from the race.



Assessment Levels

Things to look for when assessing:

Can they exchange the baton successfully?
Do they have good speed and endurance, maintaining pace?
How do teams position themselves on the track?
Do individuals and teams abide by the rules and regulations of the event?
Do teams mark out check points to aid with changeovers?
Do teams apply a good strategy to their running order?

Grade 3

- Recall the basic teaching points of the two baton exchange techniques.

- Remember the rules and regulations related to relay.

Grade 4

- Demonstrate effective baton exchange.
- Apply knowledge of race preparation.

Grade 5-6

- Demonstrate understanding of preparation phase, marking out check points and signally teammate.
- Analyse their own technique or a peer's technique.
- Apply skills and techniques effectively in a competitive scenario.
- Apply good team strategy and communication.

Grade 7-9

- Be able to apply good levels of speed during event.
- Can assess and improve other pupils' performances.
- Apply smooth transitions maintaining maximal speed during exchanges.