



RESPECT

WEEK 2: CHARACTER DRILL

AGE-SPECIFIC CHARACTER DRILL FOR AGES 6-8

DRILL: RELAY RACES

"When playing sports the most important part of the game is sportsmanship. If you win, you should not brag or celebrate. If you lose, you should not cry or complain. We are going to play some fun relay races while practicing sportsmanship."

Steps:

1. Divide the student's into even lines with no more than 5 students per line on one end of the training floor. Use cones to make a starting point. If you have an uneven amount of students, then some students may have to go twice.
2. On the opposite end of the training deck set up an obstacle that the students will jump over.
3. Explain that this will be a race, but the goal is to have sportsmanship when the race is over.
4. When you say go, the first person in line will run and jump over the obstacle and then run back and high-five the next person in line.
5. The next person in line cannot go until he/she gets a high-five. If the next student in line runs past the starting cone before getting a high-five, then that line is disqualified.
6. Continue until everyone has had a turn. Once the last person in line goes, then everyone in line must sit down in a straight line with their legs crossed and hands on their knees.
7. At the end of the race, point to the line that finished first and is sitting correctly.
8. The losing lines must clap for the winner and not show any sign of bad sportsmanship.
9. The winning line must say "thank you" to the other lines and not show any sign of celebrating or bragging.
10. At the end of the game, compliment the students for having great sportsmanship.