



# Billy Bob Bones relay



## Materials list

- 4-6 hula hoops (1 hoop per group) for older students or 8-10 hula hoops (2 hoops per group) for younger kids (**PE00402**)
- 30 Poly Spots (1 Poly Spot per person) (**PE01408**)
- 6 sets of skeletons (hands, feet, legs, arms, ribs, pelvis, skull, etc.) (**PE01355**)
- 4 cones to identify boundary lines (**PE01368**)
- 1 hula hoop to house bones (**PE00402**)

## Object of the game

To be the first team to build a skeleton successfully

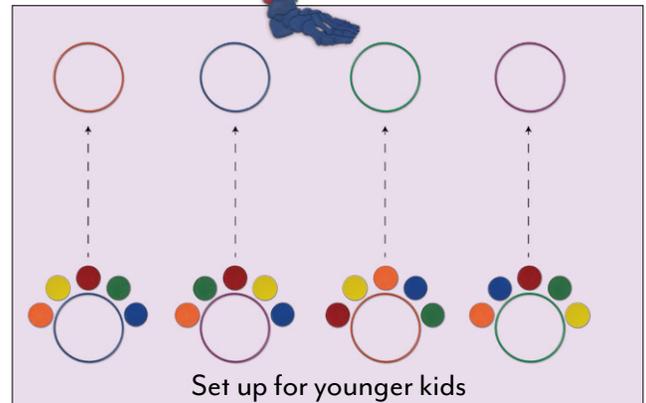
## Objectives

*Students will...*

- Learn the location of the major bones in the body
- Increase cardiovascular endurance
- Improve teamwork and communication

## How to play

1. Divide the class into 4-6 groups (depending on class size) and explain the directions.
2. Place each group in the corner around a hula hoop. Each team member will stand on a Poly Spot and they will decide the order.
3. Attach a tag to each bone with an exercise written on it.
4. Place the bones inside a hula hoop in the middle of the gym.
5. Place cones in the corners of the gym to identify boundary lines.
6. Show the class a finished skeleton.
7. On the signal "Go," the first person will run to the middle, grab a body part, and bring it back to the group.
8. The group will perform the exercise on the bone.
9. Next, the group will do the transition exercise of 5 jumping jacks.
10. Now, the next person in line will go to the middle and grab a body part they need, bring it back, perform the exercise, and then do the transition exercise of 5 jumping jacks.
11. Play continues in this manner until the skeleton is built. At that time, the group does their 5 jumping jacks and then starts running around the outside of the gym until all the groups have finished.



## Ground rules

*Students must...*

- Perform all exercises to the best of their ability
- Do transition exercises
- Work together as a group

## Game variations

- Place different exercises on bones
- Use muscles instead of bones or in addition to bones
- Change the transition exercise
- Have students label the bones after building Billy Bob Bones. Give each group name cards of the bones you wish to have them identify. Display a skeleton on the wall so they have a reference to look at. If they wish to take a "peek," they must perform the transition exercise before sending someone to the skeleton. They may take as many peeks as they like, as long as they perform the transition exercise.

## Variations for younger students

Follows same rules as original game, except:

- Place each group around a hula hoop directly across from another hoop that contains one complete set of bones (sets are not mixed together for this version). Each team member will stand on a Poly Spot and they will decide the order
- On the signal "Go," the first person will run to the opposite hula hoop, grab a body part, and bring it back to the group