

ACTIVITY SHEETS CHANGEOVER FLAGS

Traditional Use:

Relay flags are traditionally used for identifying changeover breaches in relay races. However, as with most products in our range, they lend themselves to many other applications.

Other Applications:

- Orienteering markers
- · Linesman flags for soccer, rugby union, rugby league
- · Signalling device for timekeepers and starters at swimming, athletics and cross-country carnivals
- · Alternative to starting gun or beeper for class activities to reduce disruption to surrounding classes

Suggested Activities:

BANK ROBBERS

Divide a field into halves using flexidomes - One half is the jail; the other half is the bank. Place a relay flag in the bank.

One team guards the bank whilst the other team tries to steal the flag.

The robbers wear flag belts, while the bankers try to send them to jail by stealing their flags.

When all the robbers are in jail, teams swap. If the robbers steal the flag they are announced as the winners.

Teaching Tip: Place a time limit on the game. When the time limit is up, the number of robbers in jail becomes the bankers' score.

CHASE THE TAIL

Relay flags can be used as an accessory in this game.

Students participate as normal, but 2, 3 or 4 flags are scattered around the field.

Students run around as normal, but should they pick up a flag and hold it in the air, they are exempt from having their tail stolen.

They cannot move with the flag, and can only hold it for 10 seconds before dropping it and running off.

