

# KATALYST

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# Team Challenge Games

## Passing Relays

اسم اللعبة

This is a team building, active, challenge game.

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Players: Teams can be any number, but 5-20 players per team.

Age Range: 6 and up

**You will need:**

- Plates



## How to play [or Instructions]

- Split the participants into evenly numbered teams.
- Have them line up in their teams with one person in front of the line.
- The person in front starts with a plate in between their knees.
- When the leader of the games says “go”, the teams compete to pass the plate to the back of their lines.
- The plate is passed between one player’s knees to another player’s knees on their team. They cannot use their hands to pass the plate.



- Whichever team passes the plate to the end of their line first, wins.

## **Variations of the Game**

- This game can be played with any object (balloons, balls, etc.)
- The objects can be passed in different ways.

## **Video Link or Picture**

