EasyPass Baton Activity Guide

Introduction

Grades K-8. The Sportime EasyPass Batons provide runners of all ages with a real “visual” look at correct hand placement during baton exchanges. Each EasyPass Baton is made of durable, lightweight coated foam displaying two distinct colors that actually “shows” a runner where to hold the baton while handing-off or receiving. These super-safe batons can also be used for many other activities including relays, tossing, and tagging games.

Product Use

EasyPass Batons provide Physical Education teachers and track coaches a unique training tool as they teach their runners the correct hand placement and technique used for successful baton exchanges. These durable, foam-coated batons are perfect for beginners who are just learning exchange techniques and need a true “visual” aid to gain confidence and success in their training. EasyPass Batons are also great for any type of relay game or activity as well.

Objectives

I. To provide a visual aid for runners of all ages as they learn correct baton exchange techniques and hand positioning.
II. To provide a safe, yet durable product that can be used for relay games and countless activities indoors or out.

Baton Pass Procedures – Blind Overhand Pass

- The first runner begins by holding the EasyPass Baton at the bottom in their right hand (visual cue shows student holding one colored half of the baton at the bottom with the other colored half of the baton being the top portion)
- The runner then sprints their leg of the relay being sure to stay in their lane and to not drop the baton
- The next runner sees their partner approaching and jogs away to “lead out” – the runner with the baton continues to sprint toward their partner and yells “stick” as they approach close enough to convert the baton hand-off
- The receiving partner extends their left arm back with their palm facing up – the runner does not look back as this is the blind overhand pass
- As the baton is exchanged, the receiver will end up holding the baton on the bottom with their left hand and continue to accelerate to sprint speed
- As they run their leg, runners will move the baton to the front of their body to exchange the baton from their left hand to right – the visual cue here is to imagine holding onto “handle bars” as the baton is exchanged between hands. Remind students to not drop the baton and stress the importance of transferring the baton like handlebars instead of passing the baton vertically to the other hand
- After transferring the baton to their right hand, the runner will begin closing in on the next exchange with their partner
- Runners 2 and 3 will repeat the above steps with the last runner completing the “anchor” leg across the finish line – again, all runners will receive the baton with their left hand and then transfer the baton to their right hand before passing
- NOTE: If runners are beginning runners, teacher and coaches have the option of leaving out the baton transfer step from one hand to the other following a pass. This modification eliminates additional movements of the baton to potentially reduce baton drops for beginning runners.
Pass It Down The Line (grades K-8)

Set-Up
1. Game can be played inside or outside
2. Players are divided into several groups of 4-6 players

Rules
1. This activity is a warm-up to isolate correct hand-off practices
2. Each team forms a line with all players facing forward and standing one arms-length away from each other
3. Players must “pass” the EasyPass Baton using the blind overhand pass while communicating with their partner
4. Players must use correct hand-off techniques while not dropping the baton during exchanges or hand transfers

Directions
1. The player in the back of the line begins by holding the EasyPass Baton at the bottom in their right hand
2. On the start signal, the back player swings their arm back and then as they begin to swing it forward they yell “stick”
3. As players hear “stick” they extend their left arm back with their palm facing upward for the baton exchange
4. The baton is then handed-off to the next player
5. Once a player received the baton, they swing their left arm toward the front of their body and then transfer the baton from their left hand to their right hand. The visual cue again is a player “holding onto the handlebars” while passing the baton from their left hand to right
6. The baton is then handed-off to the next player
7. This cycle continues until the baton has been successfully passed to each player in the team line.
8. Players can then turn their “line” around to begin a new baton passing relay

EasyPass Relay (grades 3-8)

Set-Up
1. Game can be played inside or outside (having a track available is preferable)
2. Players are divided into several groups of 3 to 4 runners (team size depends on the running area)

Rules
1. This activity simulates traditional baton relay runs
2. Players must remain in their “lanes” while running toward their partners
3. Players must “hand-off” the Baton using the following handoff cues:
   • Runners must hold the bottom-half of the Baton while running and passing
   • For a blind handoff, the next player to receive the Baton extends their arm back with their palm facing upward as they begin to jog – the blind handoff requires great practice and timing to prevent “drops”
   • The runner with the Baton is responsible for placing the top-half of the Baton in the palm of the receiving player’s hand—because the player is reaching back to receive the baton, they will actually end up holding the bottom-half of the baton once the exchange is made and they begin their sprint

Directions
1. The activity begins with one player from each team starting with a EasyPass baton
2. On the teacher’s signal, the first runner from each team runs toward their partner who is awaiting the hand-off
3. The player then hands the baton off to their partner while both players use the EasyPass baton as a visual aid for correct hand placement
4. Players must stay in their designated “lanes” throughout the relay
5. This cycle continues until a team has successfully handed their baton off to each partner and the baton has made its way around the “track”

Relay Race (grades K-8)

Set-Up
1. Game can be played inside or outside
2. Divide the class into several teams of 5 players
3. Each team lines up behind a line or a cone
4. Across from each team, there should be a line or cones with a EasyPass Baton for each team
**Rules**
1. Teams must stay in their “lanes” by running down and back in a straight line to avoid other players and teams
2. Batons must be handed-off or placed onto the floor – no Batons can be tossed or thrown

**Directions**
1. The game begins with each team lined-up in relay formation
2. On the teacher’s signal, the first player from each team will run down and pick-up their team’s EasyPass Baton and run back toward their team
3. That player will then touch the cone or line and then run back down to set their Baton down
4. The player will then run back to their team and tag the next person to go
5. The relay continues until all players from a team have successfully completed their turn

**Option**
One option for this activity is to have students doing various movement patterns and locomotor skills instead of running only.

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**Circle the Wagons (grades K-8)**

**Set-Up**
1. Game can be played inside or outside
2. Place several cones in a circle (size of circle and number of cones depends on class size)
3. Station the students where they are spread-out around the perimeter of the circle
4. One student will begin with the EasyPass Baton (multiple batons can be used)

**Rules**
1. This activity allows students to practice relay hand-offs using the EasyPass Baton while “circling the wagon”
2. Students must receive and hand-off the baton correctly to and from the next person as they run around the circle
3. Students must always be aware of their turn as the baton makes its way around the circle

**Directions**
1. The game begins with one player having the baton
2. On the teacher’s signal, the player runs around the circle to the next player
3. The next player holds their arm and hand back to correctly receive the EasyPass Baton
4. Once the players have successfully passed the baton, the player with the baton continues to pass to the next player while the other player stays in the hand-off area
5. This pattern continues until the baton has “circled the wagon” or the designated time is up.

**Option**
One option is to change the order of the students each time to allow practice with multiple partners. The relay direction can also be changed to keep students attentive to directional changes.

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**EasyPass Baton Uses**
- EasyPass Batons can be used for any type of relay game or activity
- EasyPass Batons are also ideal for various tossing and tagging activities and games
- EasyPass Batons can be substituted in various activities where balls or other objects are being tossed
- EasyPass Batons can be used as juggling aids for advanced students

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**Modifications**
The following modifications can be considered to include all students:
- If a student needs wheelchair accessibility, relay activities should occur on flat surfaces other than grassy or bumpy areas
- If students have difficulty with blind handoffs, players may use stationary handoffs where students actually “wait” for the baton and receive it by looking back to their partner
- If students cannot grasp the baton during handoffs, another modification is to allow the students to “tag” each other to signify a handoff — a “tag” replaces the actual handoff of the baton
- If students have difficulties traveling long distances, the area covered during relay activities can be reduced to accommodate
Safety

For student and bystander safety, the following precautions should be considered:

• Students should always be aware of their surroundings before engaging in physical activities or games
• Watch for bystanders as players are moving
• Always handoff the baton – never throw or toss the baton to the receiver
• Runners should always stay in their “lanes” or designated areas to prevent collisions or falls with other runners

Evaluation

The following checklist can be used to quickly assess student performance in EasyPass Baton activities:

EasyPass Baton
Student Checklist

<table>
<thead>
<tr>
<th>SKILL</th>
<th>MASTERED</th>
<th>DEVELOPING</th>
<th>BEGINNING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student is aware of those around them</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student follows game/activity rules</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Student stays in lane or area</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student hands baton off correctly</td>
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<td></td>
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<tr>
<td>Student received baton correctly</td>
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<td></td>
<td></td>
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<tr>
<td>Student uses modifications for others</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Student Name ___________________________________
Classroom _____________________________________
Grade Level ___________________________________