

Onion Relay- Farm to School

Introduce the activity:

- Name of activity, rules, separate into teams, and start the relay!

Items Needed:

- Bag of onions
- Heavy duty plastic spoons

Rules

- Each group is divided into two teams
- Have half of each team on opposite sides of the gym to each other. For eg. If a group of 8 children, two teams of 4, two on one side, and two on the other.
- Give all players a spoon.
- Give the first player on the team an onion.
- Have the first players on each team place the onion on the spoon.
- Let them know they can walk only, no running.
- If they drop the onion, they have to go back and start over.
- Once they reach the other side, they can use their hands to transfer the onion to their team's spoon.
- Once the whole team has made it one way across the gym, they have completed the relay!

