

Name: Physical Education Dept

Class: 7

Date: April 6 - 10

Subject: Physical Education

Topic: Track & Field

Sub-Topic: Relays

### **Visual Baton Exchange**

#### Executing 4 X 100m Relay

In a 4 X 100m relay while using the non-visual baton exchange, during the exchange, the outgoing athlete must keep in mind that he or she does not have to look at the incoming runner once they have begun to run. The incoming athlete will call 'Hand' when in a position to safely pass the baton. The outgoing athlete reaches back with the left or right hand and the incoming athlete places the baton into the hand completing the exchange.

- The first runner (Lead-off leg) runs on the inside of the lane, carrying the baton in the right hand and passes the baton to the 2nd runner with the same hand. Needs to get a good start, be good out of the blocks and can hand off well.
- The second runner (second leg) receives the baton in the left hand and runs closer to the outside of the lane, passing the baton to the next runner with the same hand. Needs to be good at receiving and handing off.
- The third runner (third leg) receives the baton in the right hand and runs close to the inside of the lane, passing the baton to the next runner with the same hand. Needs to be good at receiving and handing off. Must be a good curve runner.
- The fourth runner (fourth leg/ Anchor) receives the baton in the left hand and runs in the outside of the lane finishing the race. Must be good at receiving the baton and run well under pressure. It is important to have a strong finisher with a very high competitive spirit.

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OUTSIDE OF LANE – Receive and pass with left hand

INSIDE OF LANE – Receive and pass with right hand

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## Visual Baton

**Visual Baton Exchange** is the process where the outgoing runner looks back for help at the incoming runner while handing over the baton. It relies on a cue to understand when and where the baton will be passed. This type of exchange is frequently used in relays of longer distances (4 X 400m) because the runners is not required to be at top speed by the time he receives the baton.

**Type in the link below and watch the videos**

<https://www.youtube.com/watch?v=t8acYLuA3M0>

<https://www.youtube.com/watch?v=sj0h1pp3k1o>

### Activity 1

1. Give a definition for physical education
2. Explain the two types of exchange used in relay
3. Give another name for the fourth leg runner.
4. Which event is most suitable for using the visual baton exchange?
5. Explain in your own words the positioning of the athletes on track when transferring the baton during a 4 X 100m relay.

### Activity 2

1. Practise the push pass technique with a family member(s).
  - Form a line
  - One person stands behind the other person
  - Stand 2 shoulder length apart.
  - Each person should flex their elbows and swing their arms
  - Person standing behind should have the baton.
  - Person behind must shout "Reach"
  - Person in-front should extend arm behind and collect the baton.
2. Practise the visual baton exchange with a family member(s)
  - Practise by walking to the receiver to do the exchange 6 times
  - Practise by jogging to the receiver to do the exchange 6 times

**Type in the link below, watch the videos and practise baton exchange techniques**

<https://www.youtube.com/watch?v=uYgipxoSWAI>

<https://www.youtube.com/watch?v=Qy5DRMXfjA0>

<https://www.youtube.com/watch?v=FooPvpmACto>