

# Reduce, Reuse, Recycle Relay

Get active as you learn about the three 'R's' of sustainable living

9 - 12

Physical Education & Wellbeing



For example, ...

## Reduce:

Walk or cycle to school  
Turn taps off when brushing teeth  
Turn lights off when leaving a room

## Reuse:

Passing clothes to a charity shop  
Taking a carrier bag to the shops with you  
Using shoeboxes to store toys

## Recycle:

Putting glass into a glass bin  
Putting food waste to be composted  
Putting old batteries into a collection container

## Equipment

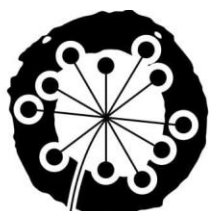
- Cones or poles x3
- Labels x3 (Reduce, Reuse and Recycle)
- Sticky tape or blue tack

## Activity

1. Split the class into teams of ~5 pupils
2. Set out 3 bases with cones or poles which a pupil from each team must race towards.
3. Clearly label these bases as 'Reduce', 'Reuse' and 'Recycle'
4. Read out an action from the list on the left and the first person from each team races to the labelled area to identify what type of action it is.
5. Discuss their decision
6. Read out an action for the second team members to race to and so on.

This activity can give your **physical education** a **learning for sustainability** slant and be a springboard for more independent proactivity.

The active relay approach can be adapted for consolidating knowledge of anything that can be categorised such as orders of vertebrates, states of matter, rock types, periods of history and so on.



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