

# Sub for Me Relay

## Materials

- ☐ Action cards (following page)
- ☐ Container for cards

## Instructions

*Print and cut two sets of the action cards and place them in the container. Divide students into two or more teams. Have each team line up so half are on the starting end of the room and the other half are at the other end of the room. Explain that each team must do the actions from the cards across the room and back again. But once they get to the opposite side of the room, a teammate will substitute for them and go back to the other side to complete a round.*

*Draw a card from the container and read it out loud. The first students on each team at the starting end of the room will perform the action as they move toward their teammates at the other end of the room. They will say, "Sub for me!" and tag the first one in line, who will then finish the relay round by going back to the starting side of the room, doing the same action. For example: If the card says "hop on one foot," the first student hops across the room to his teammates, tags the first in line who "subs" for him by hopping back to start, completing the round.*

*The team that is first to complete each round gets a point. Reuse cards as needed until all students have had a turn running at least one round. Add up the points to determine the winning team.*

## Suggested Discussion

That was a lot of work! It's a good thing you had teammates to sub for you. Usually when people need a substitute, it's because they can't do something on their own. They need someone to substitute for them, such as a teacher who is sick or a teammate who gets hurt or tired.

Now, think about our Substitute, Jesus Christ. We are sinners, so there is no way for us to pay the price of our sin on our own. We need someone to help us. But Jesus is sinless. That's why He could take our place—be our Substitute—and pay for the punishment of our sins so we can be saved through faith in Him.

***Hop on both feet***

***Hop on one foot***

***Flap your arms  
like a bird***

***Skip***

***Walk like an elephant,  
using arms for a trunk***

***Crabwalk or  
bear crawl***

***Waddle like a penguin  
with arms close to you***

***Jog backwards***

***March with  
knees up high***

***Walk/squat down  
low like a chicken,  
use arms for wings***