

Age: 1.5 - 3		Sport: Track & Field	
Duration: 45 mins	Physical Skills: Running, jumping, throwing	Social Skill: Leadership	Stickers: Track & Field, Leadership

Review Track & Field Sport Resources Alongside Lesson Plan [HERE](#)

Welcome!

1. Introduce the sport
2. Talk about the actions we do in Track & Field
3. Introduce the social skill
3. Talk about what [leadership](#) is and how we use it

Social Skill Intro

- [Leadership](#) means helping your team do their best and setting a good example for others.
- What are some ways that we can show good [leadership](#)?
 - Trying your best every time
 - Encouraging your teammates when they make mistakes or do well
 - Showing respect to coaches and other players
 - Helping teammates know what to do

WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

Physical Literacy Skill

- ★ [Jumping](#)
- Practice bending your knees and standing back up
- Try small jumps in place with both feet together - practice landing softly with bent knees like a quiet ninja!
- Try big jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really high like a spaceship taking off into space!
- Try far jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really far and powerful like a kangaroo

Funny Races!

Equipment

[Cones](#)

Key Points

- Set up a two wide lines of cones on both ends of the play area
- Players and parents will line up along one side of the cones
- When the coach says GO, everyone has to run from one side of the playing area to the other
- Each pass from one side to the other, choose a silly motion or animal to run like. Each lap might be:
 - ◆ Skipping, jumping like kangaroos (long jumps), running in a zig-zag motion, flying like a bird, etc.

PHYSICAL SKILLS

Baton Passes!

Equipment	<input type="checkbox"/> Cones, batons <hr/>
Key Points	<ul style="list-style-type: none"> → Set up a large circle using cones to create a clear running track → Place 2–3 tall cones around the outside of the circle, spaced a few feet apart (these are team starting spots) → Divide players evenly into groups and have each group line up behind a tall cone. Each child stands with their parents to form a team line. → Give the first player in each line a baton → When the coach says GO, the first player in line and their parent run together around the outside of the track. → When they return to their starting cone, they pass the baton to the next child in line. The next pair repeats the run around the track. Continue until all players have had a turn.

Jumps!

Equipment	<input type="checkbox"/> Cones, hula hoops <hr/>
Key Points	<ul style="list-style-type: none"> → Players will line up behind a starting cone (create two lines if the group is big) → Create a simple path using hula hoops and cones for players to practice their jumping <ul style="list-style-type: none"> ◆ Hula hoops = hop in and out (frog hops) ◆ Flat cones = medium bunny jumps over ◆ Tall cones = big kangaroo jumps over ◆ You can form hurdles using the flat and tall cones by placing 4-5 cones side by side → Explain and demonstrate the types of jumps and the animal to connect to each jump → Once the first player in line passes the first jump, then the second player in line can go. Repeat so everyone gets a few turns <hr/>
Adaptations	<ul style="list-style-type: none"> • Two-foot jumps - Jump forward with two feet together landing in the hula hoop • Side-to-side jumps - Jump side to side over a line of cones • Mini hurdles - Jump over small lines of tall cones • Spot jumps - jump and land on a zigzag of spot markers

SOCIAL SKILLS

Cone Dash Relays!

Equipment	<input type="checkbox"/> Cones <hr/>
Key Points	<ul style="list-style-type: none"> → Divide players into small teams of 4-5 and line each group up behind their own starting cone. → Place a cone a distance away from each line to act as the turnaround point for each team. → The first player in line runs around the cone and back, then high fives the next teammate. → Encourage the kids to high five the next player, and other teammates to cheer while one is running. → After they have run, the player sits down at the back of the line until everyone has run. → Emphasize leadership by encouraging players to cheer on their teammates while they run and give lots of high fives

FUN ACTIVITY

Stealing Coconuts!

Equipment	<input type="checkbox"/> Hula hoops, balls / or flat cones / or spot markers <hr/>
Key Points	<ul style="list-style-type: none"> → Place 3 different-colored hula hoops around the space - these will be islands → Divide players into 2 teams and assign them and island (i.e. Orange island, blue island) → Place the equipment (balls or cones or spot markers) in the middle of the space - these will be the coconuts → When the coach says GO, teams run to retrieve a coconut from the middle

<p>Adaptation</p>	<ul style="list-style-type: none"> → Players can only take one coconut from an island at a time → The coconut must be returned to your island before you can leave to take another coconut → The game ends when there are no more coconuts in the middle → The team with the most coconuts on their island wins <hr/> <ul style="list-style-type: none"> • Progression: Turn it into a relay! Create a line of spot markers beside each island for teams to line up at. Players take turns leaving and returning to their island, only one player on a team can retrieve a coconut from the middle at a time. The game ends when there are no more coconuts in the middle. The team with the most coconuts on their island wins.
<p>WRAP UP</p>	
<p>Huddle & Review!</p>	
<p>Review</p>	<ul style="list-style-type: none"> → Who can tell me what actions we practiced in track and field today (running, baton passing, jumping)? → What social skill did we work on today? → Yes, leadership! Can I hear everyone say “leadership”? <hr/> <p>Cheer</p> <ul style="list-style-type: none"> • The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can! <hr/> <p>Stickers</p> <ul style="list-style-type: none"> ★ Hand out Track & Field and Leadership stickers