

Age: 3-5 / 5-7		Sport: Track & Field	
Duration: 60 mins	Physical Skills: Sprint, run, jump	Social Skill: <b>Leadership</b>	Stickers: Track & Field, <b>Leadership</b>

## 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

### Jumping Course!

#### Equipment

- Cones, hula hoops, spot markers**

#### Key Points

- Create 4–5 stations around the space using cones, hula hoops and spot markers
- Stations can include:
  - ◆ 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
- Players can try the different stations at random, or they can be assigned where to go
- Encourage bending knees before jumping, using their arms to help lift, and jumping with two feet

### PHYSICAL SKILLS

#### Baton Passes!

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

### Hurdles!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, volleyballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Players will line up behind a starting cone (create two lines if the group is big)</li> <li>→ Create a straight path using cones for players to practice their hurdles <ul style="list-style-type: none"> <li>◆ Place 4-5 flat cones side-by-side to create a low hurdle</li> <li>◆ Place 4-5 tall cones side-by-side to create a medium hurdle</li> </ul> </li> <li>→ Create a finish line a few meters after the hurdles</li> <li>→ After the “start signal”, the first player in line runs a fast sprint and leaps over the hurdles in the path <ul style="list-style-type: none"> <li>◆ Leap = 1 foot to the other</li> </ul> </li> <li>→ Player sprint past the finish line, then head to the back of the line</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Progression:</b> For an additional challenge, turn it into a relay race. The first team to have all players complete the hurdles and seated back in line wins.</li> </ul>

### SOCIAL SKILLS

#### Cone Dash Relays!

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

### FUN ACTIVITY

#### Stealing Coconuts!

<b>Equipment</b>	<input type="checkbox"/> <b>Hula hoops, balls / or flat cones / or spot markers</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Place 3 different-colored hula hoops around the space - these will be islands</li> <li>→ Divide players into teams and assign them and island (i.e. Orange island, blue island, green island)</li> <li>→ Each island will start with 5-6 pieces of equipment (i.e. balls) - these will be the coconuts</li> <li>→ When the coach says GO, players run and try to steal coconuts from other islands to bring to their own</li> <li>→ Players can only take one coconut from an island at a time</li> <li>→ The coconut must be returned to your island before you can leave to take another coconut</li> <li>→ No blocking or playing defense; No throwing the coconuts - they must be picked up and placed on the island</li> <li>→ The coach will count down from 5 to end the game and players must return to their island</li> <li>→ If a player has a coconut in their hand when the time is done, they can return to the island with the coconut</li> <li>→ After each round, the team with the most coconuts wins</li> </ul>

<b>Adaptation</b>	<hr/> <ul style="list-style-type: none"> <li>● <b>Simplify:</b> Start with the coconuts in the middle. 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.</li> </ul>
<b>WRAP UP</b>	
<b>Huddle &amp; Review!</b>	
<b>Review</b>	<ul style="list-style-type: none"> <li>→ Who can tell me what actions we practiced in Track &amp; Field today (i.e. sprinting, hurdles, jumps, batons)?</li> <li>→ What social skill did we work on today?</li> <li>→ Yes, <b>leadership</b>! Can I hear everyone say “<b>leadership</b>”?</li> </ul>
<b>Cheer</b>	<hr/> <ul style="list-style-type: none"> <li>● The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!</li> <li>● Be as LOUD as you can!</li> </ul>
<b>Stickers</b>	<hr/> <ul style="list-style-type: none"> <li>★ Hand out Track &amp; Field and <b>Leadership</b> stickers</li> </ul>