



TOT/PRESCHOOL TRACK & FIELD (AGES 3-6) ACTIVITY REFERENCE GUIDE

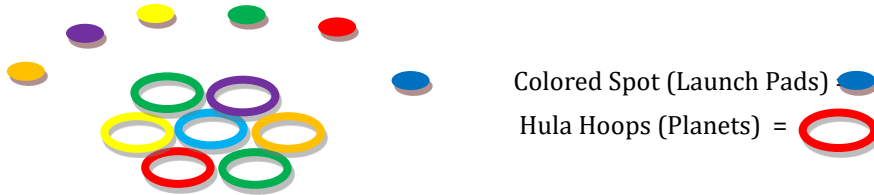


Buzz Lightyear's Blast-Off (Track & Field Edition):

Purpose: Passing

Equipment: Colored Spots, 7- Hula Hoop, Colored Disks, Javlin, Disc & Dodgeball/kid

Set Up: Place 7 Hula Hoops in a circle (see diagram) in the middle. The Hula Hoops are the planets. Put Colored Spot/Kid in a semi-circle around the Planets. The colored Spots are the Launch Pads. Each launch pad should start about 2-feet from the planets. Start close and you can scoot back later.



Execution:

1. The players are the astronauts and their Dodgeball is their Comet, Javelin is their Rocket Ship and Frisbee is their UFO. The hula hoops are the planets.
2. Coach introduces the Javelin Throw. Breakdown/Demonstrate proper throwing form
3. Give each player a Rocket Ship and have them show you the proper starting position.
4. When Coach yells "BLASTOFF", all players throw their Rocket Ship. Have them stay on their spot while coach counts the number of successful Rocket Ship landings.
5. Coach tells all players "grab your launch pad, take one giant step away from the planets, put your launch pad down"
6. When coach says "BUZZ LIGHTYEAR TO THE RESCUE", all players grab their Rocket Ship and bring it back to their Launch Pad which is not further back
7. Repeat x3
8. Collect the Rocket Ships

9. Coach introduces the Discus Throw. Breakdown/Demonstrate proper throwing form
10. Give each player a UFO and have them show you the proper starting position.
11. When Coach yells "BLASTOFF", all players throw their UFO. Have them stay on their spot while coach counts the number of successful UFO landings.
12. Coach tells all players "grab your launch pad, take one giant step away from the planets, put your launch pad down"
13. When coach says "BUZZ LIGHTYEAR TO THE RESCUE", all players grab their UFO and bring it back to their Launch Pad which is not further back
14. Repeat x 3
15. Collect the UFO's

16. Coach introduces the Shotput (High-Five to the Sky). Breakdown/Demonstrate proper throwing form
17. Give each player a COMET and have them show you the proper starting position.
18. When Coach yells "BLASTOFF", all players throw their COMET. Have them stay on their spot while coach counts the number of successful COMET landings.
19. Coach tells all players "grab your launch pad, take one giant step away from the planets, put your launch pad down"
20. When coach says "BUZZ LIGHTYEAR TO THE RESCUE", all players grab their COMET and bring it back to their Launch Pad which is not further back
21. Repeat x 3
22. Collect the COMETS
23. Recap Javelin, Discus and Shotput through camper questions.