



MINI-HAWK AGILITY STATION (AGES 4-6)

ACTIVITY REFERENCE GUIDE

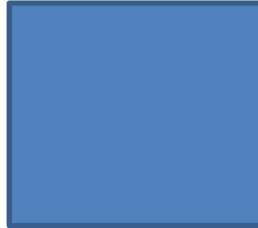


Dumbo

Purpose: Jumping

Equipment: Large Colored Spots, 2 Tarps

Set Up: Put down matching standing spots for each player about 30' away from one another. Put a tarp down in the middle to be the river



Execution:

- Have all kids' line-up on their colored spot.
- Start with the River Folded in Half
- Coach calls the first person who runs up to the "river" (i.e. tarp) and jumps over it.
- After the player jumps over the tarp, they continue across the jungle to their same color spot on the other side.
- Once all players have gone across, make the river larger and continue.
- Continue to make the river bigger and bigger each round
- Add a second river when needed
- Continue as time permits