



# MINI-HAWK AGILITY STATION (AGES 4-6)

## ACTIVITY REFERENCE GUIDE

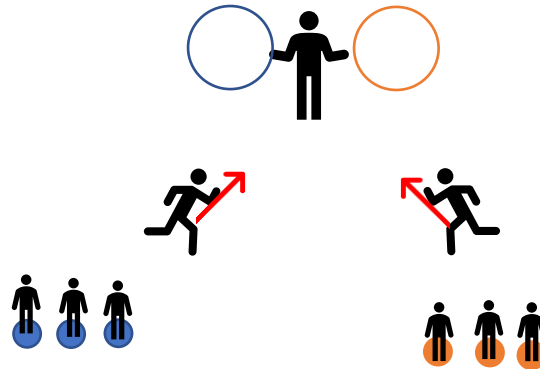


### Quidditch Relay

Purpose: Shotput, discus, javelin, Teamwork

Equipment: Colored Spots, 2 javelins, 2 shotputs (dodgeball), 2 discus (foam frisbee) 2-Hula Hoops.

Set Up: Set-up two horizontal lines of colored spots for the kids to stand on. On the other side of the court, have the coach stand with 2-hula hoops.



#### Execution:

1. Coach 2 holds the hula hoops while Coach 1 coordinates the relay hand-offs.
2. Coach 2 starts by holding 2 hula hoops (one on either side of his/her body) at their waist, Make sure the hoops are two different colors and assign a team to each color hoop.
3. Coach 1 give one javelin to the first player in each team.
4. One of the coaches blows the whistle, both players run down to Coach 2 and throw the javelin through their teams hoop.
5. Once they make the javelin through the hoop, they grab their javelin and run back to their team line. They then hand the javelin off gently to the next person in line and sit down on their spot.
6. The next player then does the same thing down and back
7. First team to have everyone throw the javelin through the hoop (relay style) and sit down on their spot wins that round.
8. Repeat with shotput and discus

#### Variations:

1. For shotput, hold hula hoops above the head.
2. For discus, hold the hula hoops at the waist.