



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

ACTIVITY REFERENCE GUIDE

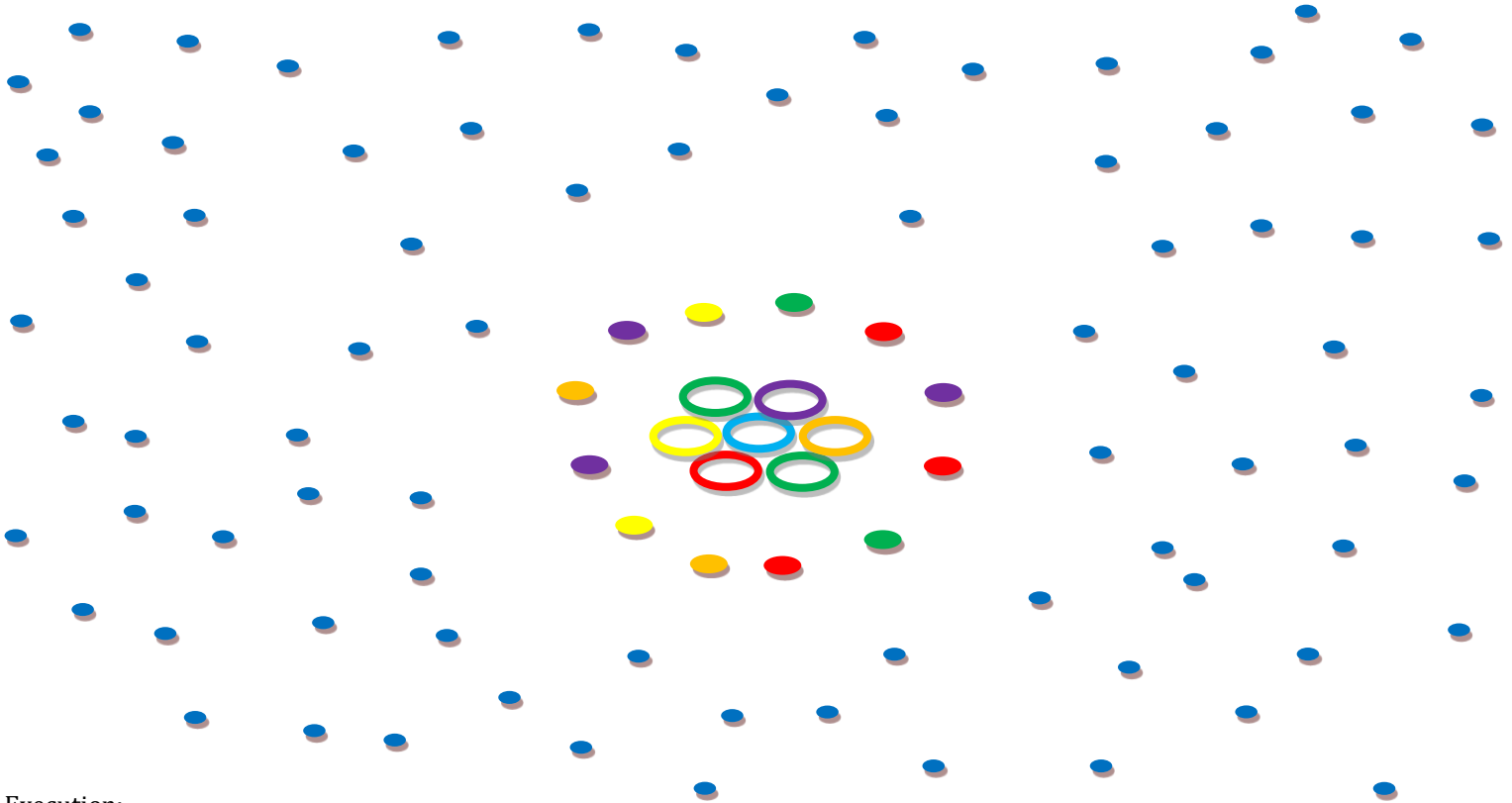


Buzz Lightyear's Blast-Off – Catching Stars

Purpose: Passing

Equipment: Colored Spots, 7- Hula Hoop, Colored Disks, Dodgeballs, Bucket for Each Kid, All Small Spots

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 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. Scatter small spots around the field behind all of the throwing spots.



Execution:

1. The players are the astronauts and their Dodgeball is their Rocket Ship. The hula hoops are the planets.
2. Coach introduces the Shot Put Throw. Breakdown/Demonstrate proper throwing form
3. Give each player a Dodgeball 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. If the player lands their Rocket Ship in a planet, they will run out to the field and pick up a "star" to bring back to their bucket which is their Space Station.
6. Coach tells all players "grab your launch pad, take one giant step away from the planets, put your launch pad down"
7. 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
8. Repeat until all stars are collected
9. Count up how many stars everyone has in their Space Stations, and determine a winner.