

No-Prep Track & Field Lesson Plans

6 X 1 HOUR PLANS FOR PE TEACHERS AND COACHES

Lesson 5: Marathon

Learning Objective

be able to jog long distances without fatigue

SHAPE Standards

physically literate individual demonstrates knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

4 x
5 x
100 x



Flat Tire

SKILL FOCUS

- * Running, endurance, speed, agility

GROUP SIZE

- * 8-30 students

EQUIPMENT

- * 1 hula hoop and bean bag for each child

LOCATION

SETUP

Each child should get a hula hoop and bean bag. Line up each child on the end line of the room. If you have a lot of children use the sidelines or have children line up on both sides of the room as shown in our image. The hula hoop will be a make-believe car tire. Each child's hula hoop starts off directly in front of them where it is touching the end line (as shown in image).

INSTRUCTIONS

1. On 'go' all the children will toss their bean bag into their hula hoop in this activity geared to improve endurance.
2. If they miss, they must retrieve their bean bag and go back to their line and try again.
3. If their bean bag lands in their hula hoop, they should get the bean bag and flip their hula hoop one space. Then, they go back to the line and do the process again, although they will be further away from the hoop each time it makes it in their hoop.

Lesson 5 - Overview

Flat Tire

Line up on the end lines of your room and a hula hoop and bean bag. Toss the bean bag into their hoop. If the bean bag lands in the hoop, they move the hoop forward.



Swatters

Place hula hoops all over the room. Children will be swatters and ball collectors, some will be swatters and some will be ball collectors. Swatters will use their rackets to hit the balls into the hoops. Ball collectors will find balls and place them in the hoops.



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Lesson 1: Sprinting

Learning Objective

To be able to sprint appropriately using the proper fundamentals

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I can run fast

I can run with proper fundamentals

I can run with balance and coordination

Focus Questions

How should my arms move while I run?

How should my body lean while running?

Equipment

- 4 x  Tall cones
- 1 x  Bowling pin

Coaching Points

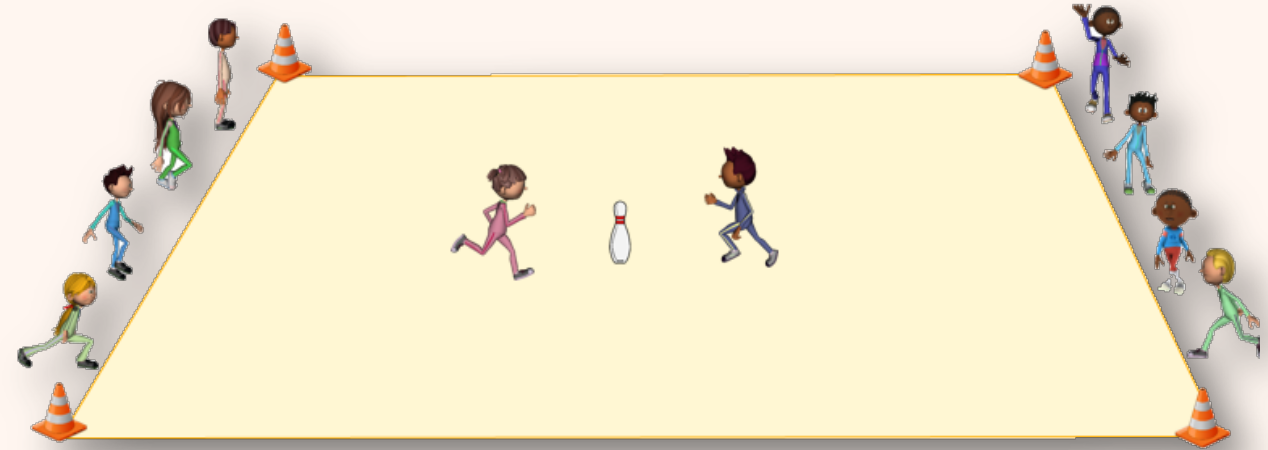
- ✓ Keep body in the upright position
- ✓ Do not lean forward too much
- ✓ Arms should work with the legs in sync
- ✓ Arms should move from front to back



Lesson 1 - Overview

Activity 1: Steal the Pin

- Set up cones in the corners of the room for boundaries
- Place bowling pin in the middle of the room
- Give each child on both teams a number
- When a child's number is called, they must sprint to the middle to steal the pin before the other child



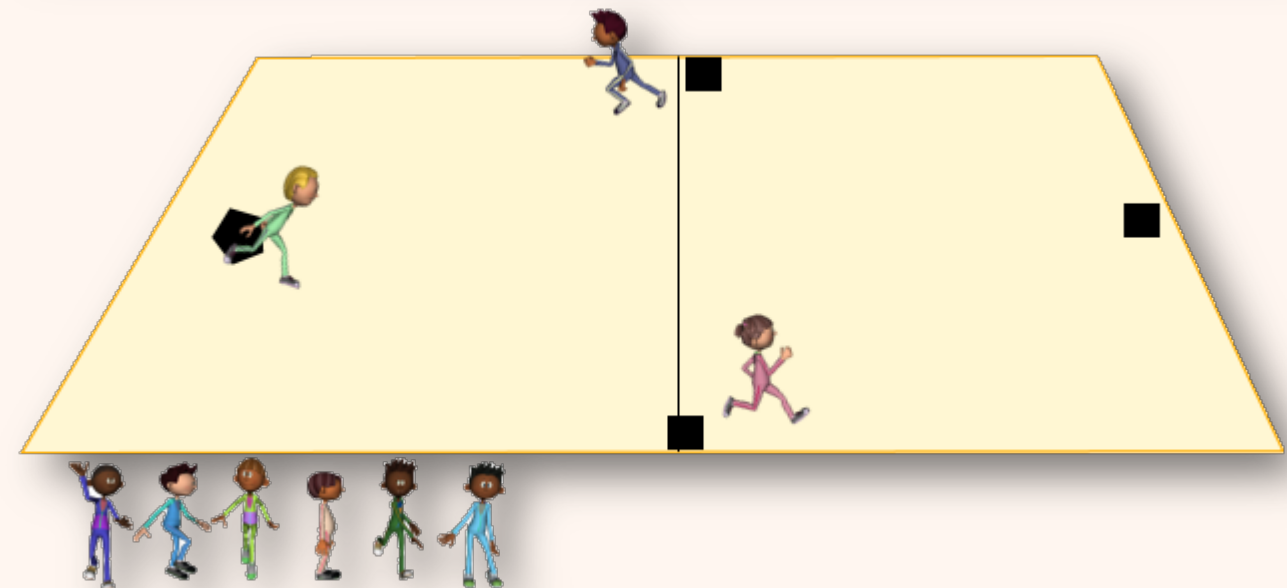
Activity 2: Ball Sprint

- Set up cones and get kids in a traditional relay race line
- Place 2 cones on the opposite end line with a ball balanced on top
- On 'go' the first child sprints to their team's ball and grab it
- They bring it back to the next child in line who runs with it and places it back on top of the cone



Activity 3: Baseball Sprint

- Set up a baseball diamond with 4 bases
- Kids will sprint to first base, jog to second, sprint to third, and finish by jogging home
- The next runner in line starts when the previous runner reaches second base
- This pattern will continue throughout the entire line





Steal the Pin

SKILL FOCUS

- ★ Speed, agility, balance, coordination

GROUP SIZE

- ★ Any number of even teams

EQUIPMENT

- ★ 4 cones, 1 bowling pin

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to bump heads when reaching for the pin

SETUP

Place the children on 2 even teams. Each team should stand on the sideline of the room. Give each child on both teams a number. For example, if each team has 10 children, the numbers should range from 1-10 on both teams, with each child having their own specific number. Place a bowling pin in the middle of your room.

INSTRUCTIONS

1. The teacher will call out a number.
2. When a child's number is called, they must run to the middle of the room where they will meet the child on the other team with the same number.
3. One of the children must pick up the pin and run it safely back to their sideline to receive a point. If they make it successfully, they get the point.
4. Once the pin is picked up, the child who did not pick it up must chase after the child who picked up the pin. If they can tag the child with the pin before they make it back to the sideline, they steal the point.
5. After each round, the pin should be returned to the middle, then a new number is called. The team with the most points wins.

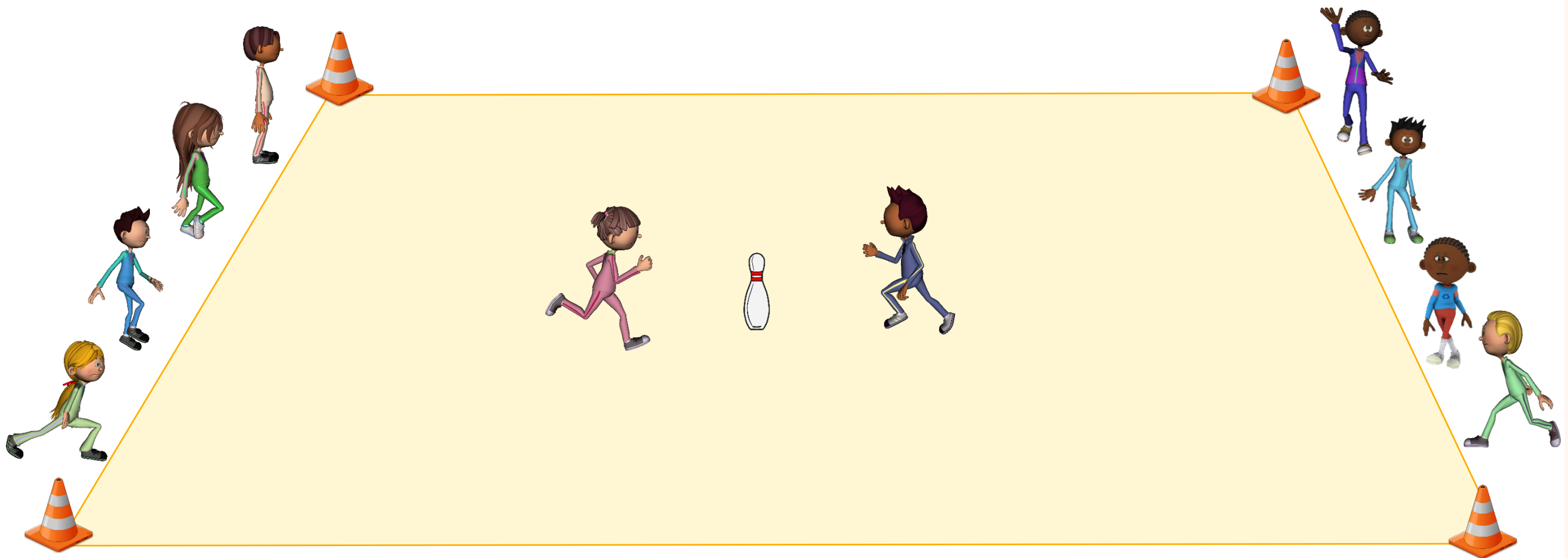
MODIFICATIONS

To make it harder, do not call the numbers sequentially.



Steal the Pin

A sprinting game where the children must come out and grab a pin before the child on the other team





Ball Sprint

SKILL FOCUS

- ★ Sprinting, eye-hand coordination, speed, agility

GROUP SIZE

- ★ 10-24 students

EQUIPMENT

- ★ 2 cones, 2 small balls

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be aware of other children's space

SETUP

Place the kids on 2 teams in traditional relay race lines. Place 2 cones on the opposite end of the room with a tennis ball balanced on each cone.

INSTRUCTIONS

1. On 'go' the first child in line must run to the cone with the tennis ball balanced on top and grab the ball.
2. Once they grab the ball, they sprint it back to the start line and hand it off to the next kid in line, then go to the end of the line and wait for their turn to come again.
3. The next child who just received the ball now sprints back to their team's cone. Once they get to the cone, they must balance the ball back on top of the cone, turn around and sprint back to the start line.
4. Once at the start line, the next child goes following the same pattern.
5. Have each child in line go two times.
6. The first team to finish wins that race.

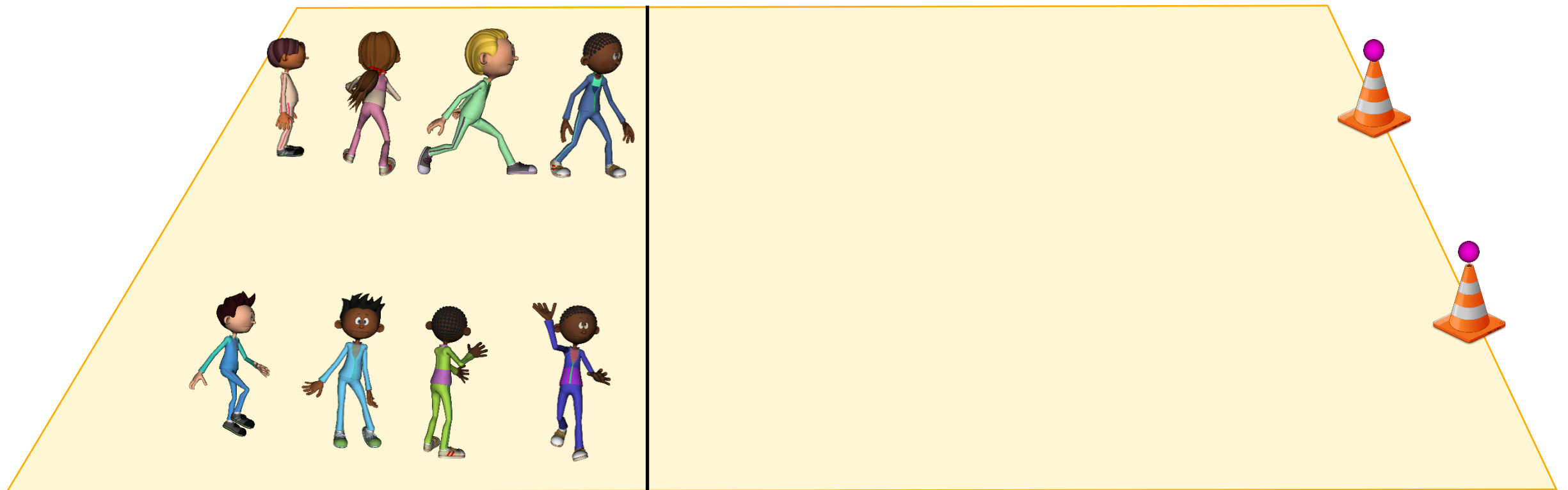
MODIFICATIONS

To make it harder, increase the distance the children have to sprint.



Ball Sprint

An activity where the children sprint to get a ball and then return it to a cone





Baseball Sprint

SKILL FOCUS

- ★ Sprinting, speed, agility, balance, coordination

GROUP SIZE

- ★ 10-25 children

EQUIPMENT

- ★ Bases to run the field

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to trip on the bases.

SETUP

Set up the bases as you would for a baseball game. Have the children form a line near home plate.

INSTRUCTIONS

1. On 'go' the first child in line will sprint to first base, jog to second base, sprint to third base and finish by jogging home.
2. When the first runner in line gets to second base, the next runner in line will follow the same pattern as the first child in line by sprinting to first base, jogging to second base, sprinting to third base and finish by jogging home.
3. This pattern will continue throughout the entire line.
4. To make it more fun, time the class to see how long it takes for the group to finish.
5. Then, have them do this multiple times with the task of improving their times as a group.

MODIFICATIONS

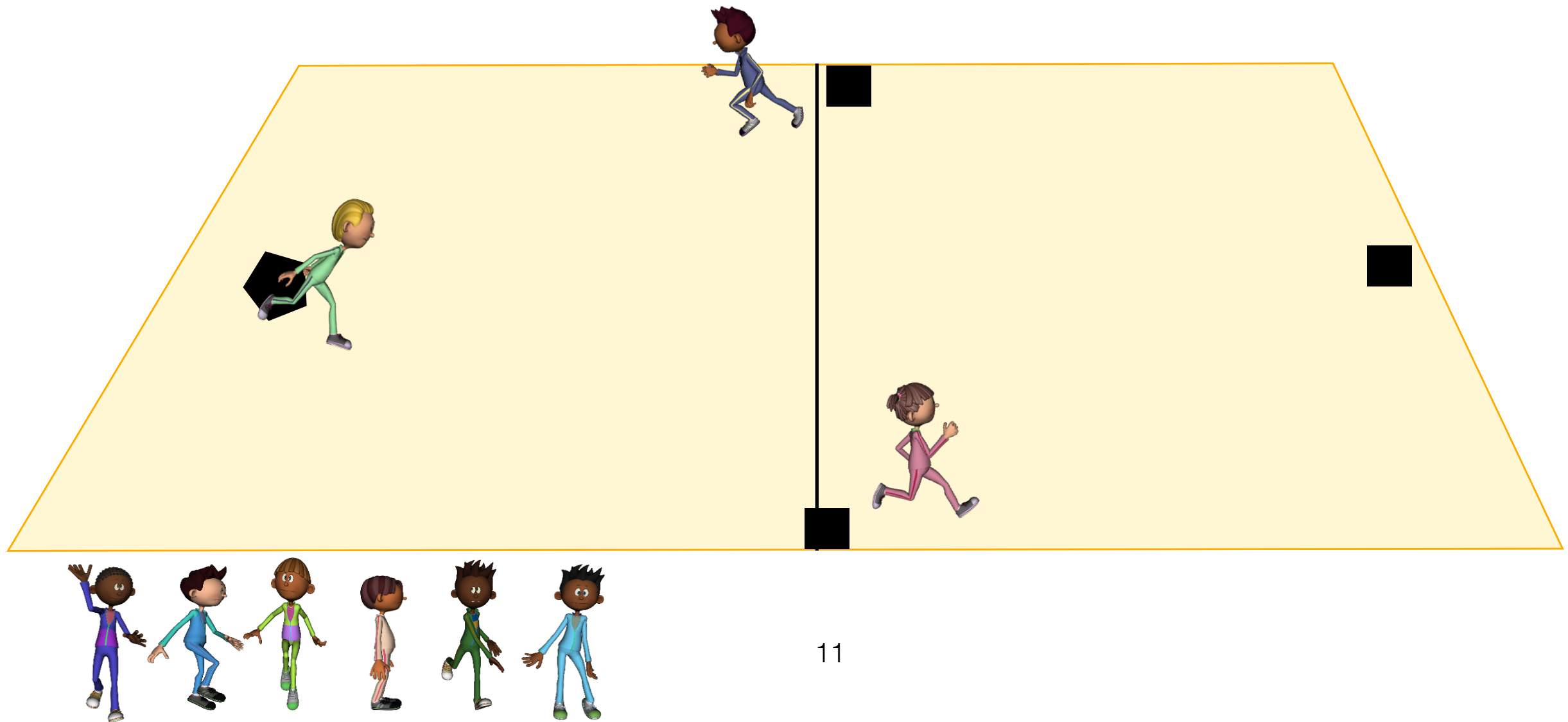
To make it harder, have them sprint all the bases with no jogging.

10



Baseball Sprint

A sprinting activity where the children will use a baseball diamond to run



Lesson 2: Hurdles

Learning Objective

To be able to hurdle objects correctly using the proper fundamentals

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I can jump a hurdle with ease

I can jump a hurdle with proper fundamentals

I can jump a hurdle without hitting the hurdle

Focus Questions

How do I concentrate on hurdling properly?

How can I hurdle, being careful not to trip?

Equipment

- 16x  Tall cones
- 8x  Gym mats
- 10x  Cardboard boxes
- 8x  Pool noodle

Coaching Points

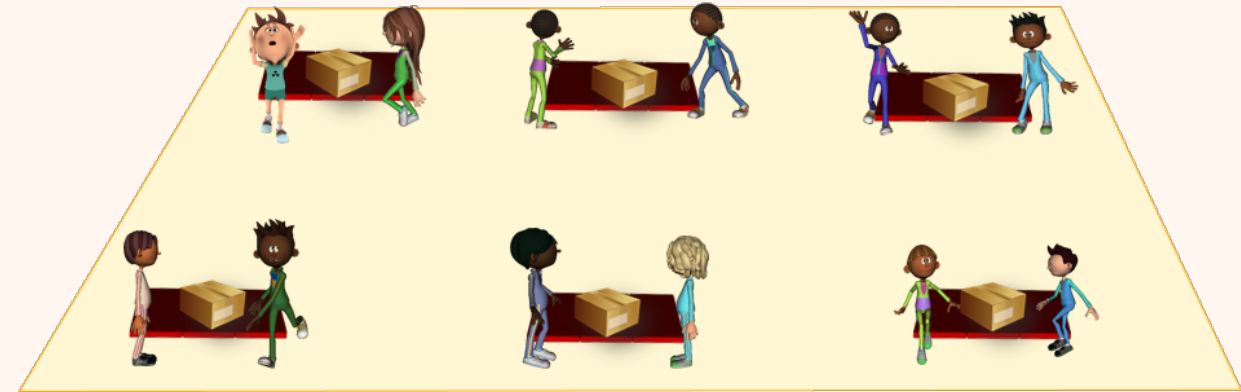
-  Always warmup and stretch before hurdling
-  Get to know the track before you race; how many steps you should take before you jump
-  Do not slow down while approaching the hurdle
-  Do not stutter step before you jump as this will slow you down



Lesson 2 - Overview

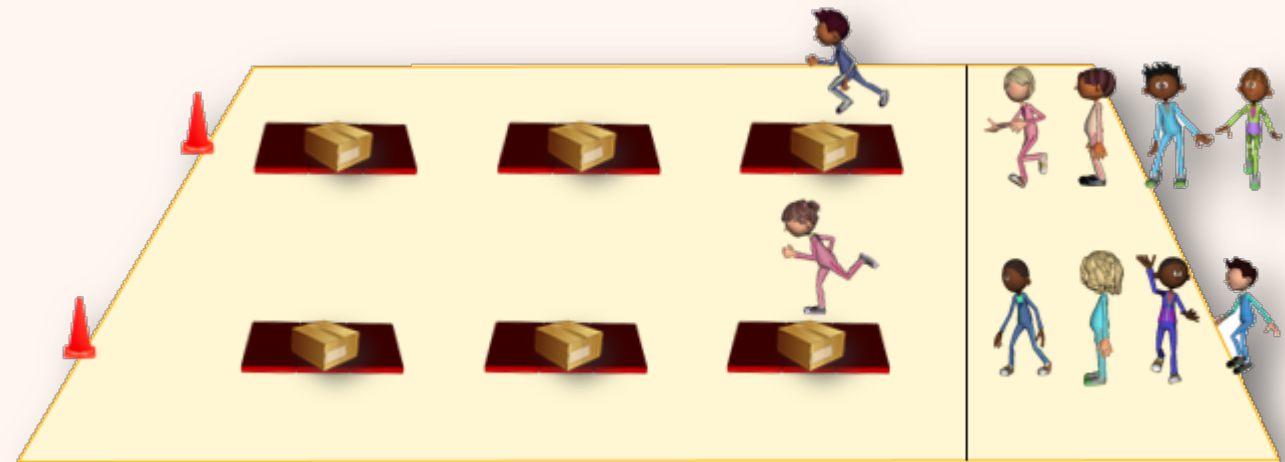
Activity 1: Partner Hurdle

- Partner children up in groups of two
- Give each group 1 gym mat and one cardboard box
- Children must stay on the mat while they practice jumping
- On 'go' the children will take turns jumping over their box



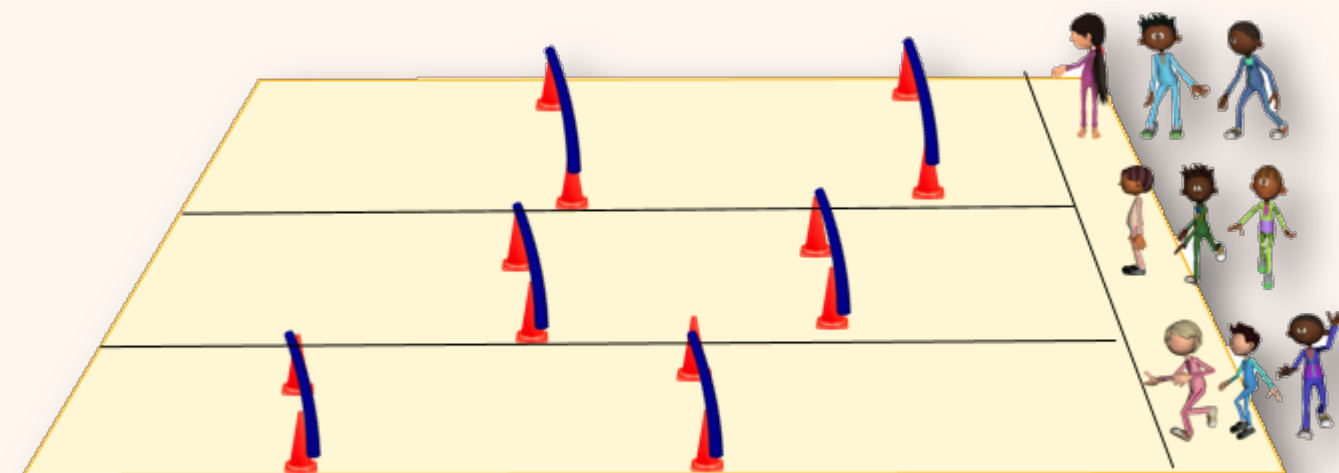
Activity 2: Hurdle Relay

- Set children up in traditional relay race lines
- Place mats on the ground with boxes on top
- On 'go' the first child sprints and hurdles each box
- They should go around their cone and head back jumping again
- When they get to the beginning, the next child follows the same pattern



Activity 3: Race Simulation

- Set up 3 – 4 lanes of hurdles using cones and pool noodles
- Have the first set of children race
- When a child wins their race, they are one step closer to finals
- If a child knocks over a pool noodle, they are disqualified
- Have the top students race in the finals





Partner Hurdle

SKILL FOCUS

- ★ Jumping, balance, strength, agility, coordination

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ Enough gym mats and small cardboard boxes for entire class

LOCATION

- ★ Inside

SAFETY

- ★ Children need to be careful not to fall over box and to stay on mat while jumping

SETUP

Spread your students out around the room and group them in pairs. Each group should have a gym mat and cardboard box (as shown in image). Have extra boxes on hand just in case children break a box. You can always substitute something for the boxes like a rubber gym cone.

INSTRUCTIONS

1. Gently remind the kids when they practice their jumping, they must stay on their gym mat the entire time.
2. On 'go' the children in each group will take turns jumping over their box. They do not need to take a running start, just to motion of getting over the box.
3. Once they have mastered this, remove the box and now give them a 3-step run to the mat to practice jumping over an imaginary hurdle.
4. They are not doing the long jump, rather, they are practicing the proper technique of hurdling in track.

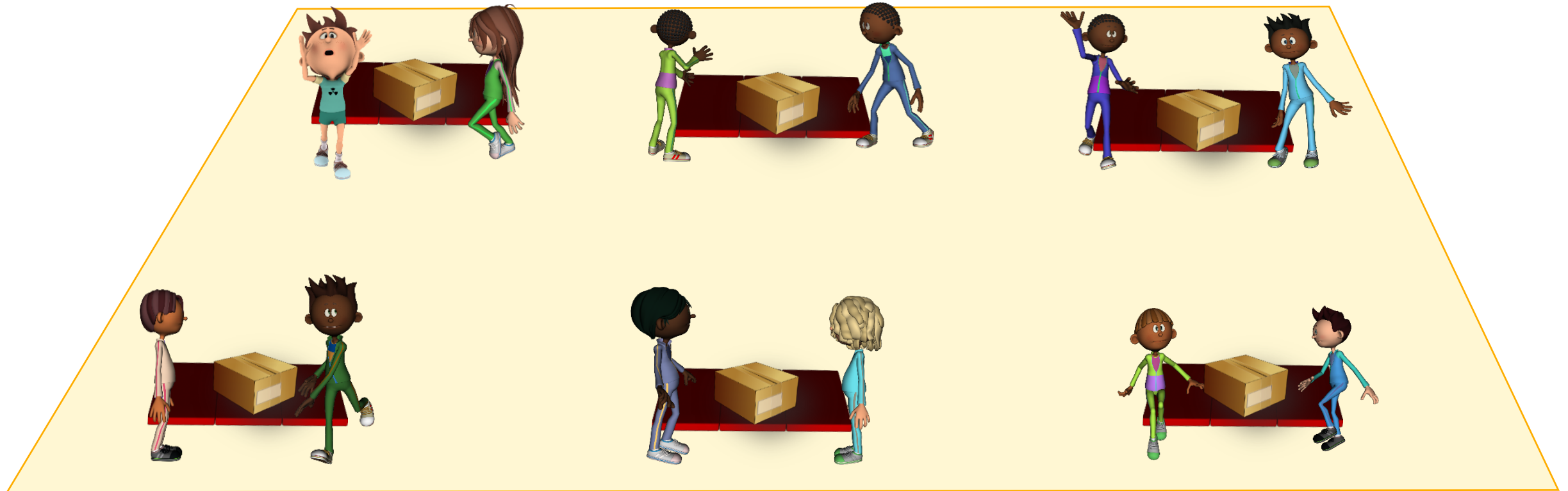
MODIFICATIONS

To make it harder, you can use larger boxes for some of the children who may have an easy time jumping over the original boxes.



Partner Hurdle

A fun activity where the children are in groups of 2 or 3, practicing their hurdling skills jumping over a box





Hurdle Relay

SKILL FOCUS

- ★ Jumping, balance, agility, coordination

GROUP SIZE

- ★ 8-24 students

EQUIPMENT

- ★ 6 floor mats, 6 cardboard boxes

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not trip on the mats or boxes

SETUP

Divide the class into 2 teams and place them in a traditional relay race line. Each team should have 3 mats in front of them with a cardboard box on each mat (as seen in image). At the opposite end line, there should be a cone for the kids to run around.

INSTRUCTIONS

1. On 'go' the first kid in line sprints towards their first mat on the ground and proceeds to hurdle the box on the first mat.
2. Once complete, they do the same for the second and third mat.
3. After they jump the third mat, they must go around their cone and head back to the start line jumping over the 3 mats again.
4. Once they get back to the beginning, the next child follows the same pattern.
5. Stress safety as they jump over the boxes.
6. The first team that finishes is the winner.

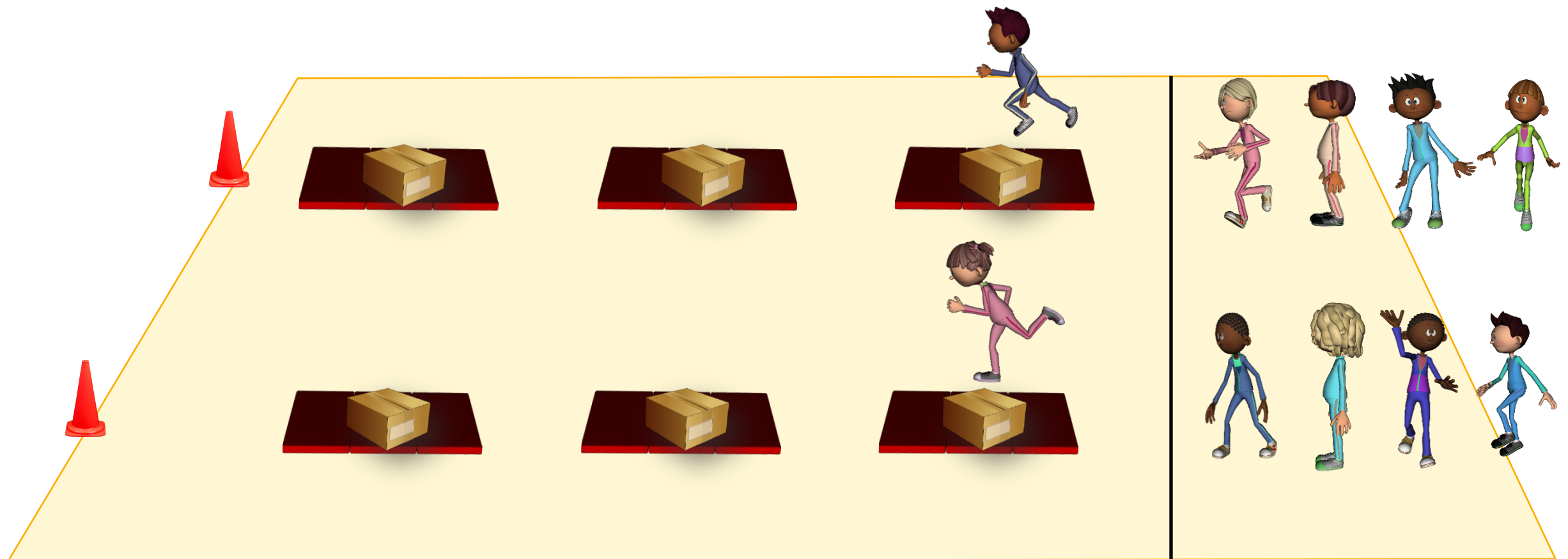
MODIFICATIONS

To make it harder, you can add more mats and boxes.



Hurdle Relay

A hurdle race using mats and cardboard boxes





Race Simulation

SKILL FOCUS

- ★ Hurdling, jumping, agility, coordination, balance

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 16 cones, 8 pool noodles

LOCATION

- ★ Inside or outside

SAFETY

- ★ Students should be careful while jumping over pool noodles

SETUP

Put your students in 3-4 lines of equal kids. In front of them, stagger 2 sets of cones and pool noodles (as seen in image). These will serve as your hurdles in your races.

INSTRUCTIONS

1. On 'go' the first group of 3-4 students will race jumping over your hurdles using the cones and pool noodles.
2. The child that wins goes to the winner's circle while the kids who did not go return to the rest of the class.
3. With each race, place the child who comes in first place in the winner's circle.
4. Continue this pattern until all the kids have gone.
5. Next, start to race the children in the winner's circle to narrow down the field of children.
6. Once you have the top 3-4 kids, have them race for the class championship.
7. If time allows, start the process all over again.

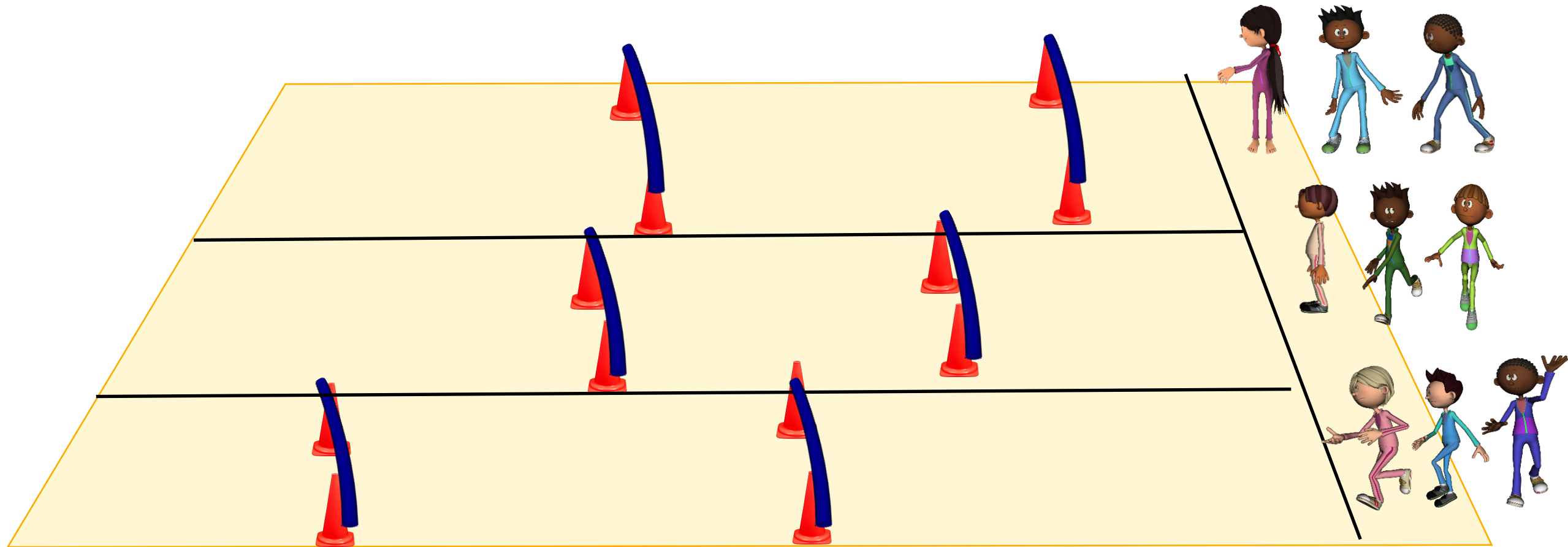
MODIFICATIONS

To make it harder, you can add more hurdles to your race.



Race Simulation

A hurdle simulation activity using cones and pool noodles



Lesson 3: Long Jump

Learning Objective

To be able to perform the long jump effectively and efficiently using the proper fundamentals associated with this skill

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can jump efficiently

I can a long distance

I can use the proper fundamentals needed to perform this skill

Focus Questions

How do I jump as far as I can?

How do I jump using proper technique?

Equipment

- 2 x  Tall cones & whiffle ball
- 8 x  Floor mats
- 5 x  Long jump ropes
- 50 x  Poly spots

Coaching Points

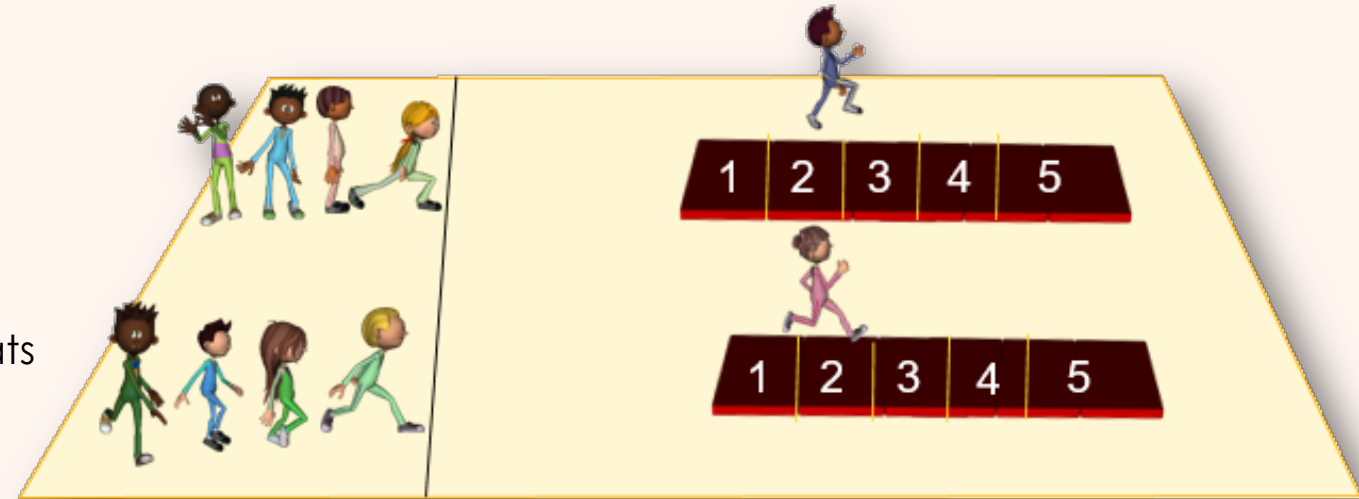
- ✓ Run fast to jumping line to build momentum
- ✓ Take off with one foot as you approach the jumping line
- ✓ Bring your knees up high as you jump
- ✓ Land forward so you do not fall backwards



Lesson 3 - Overview

Activity 1: Jump for Points

- Set up 1 or 2 mats with lines on it to determine point totals
- Place children in traditional relay race lines
- On 'go' the first child must jump as far as they can onto the mats
- They will receive a specific amount of points for the distance they jump



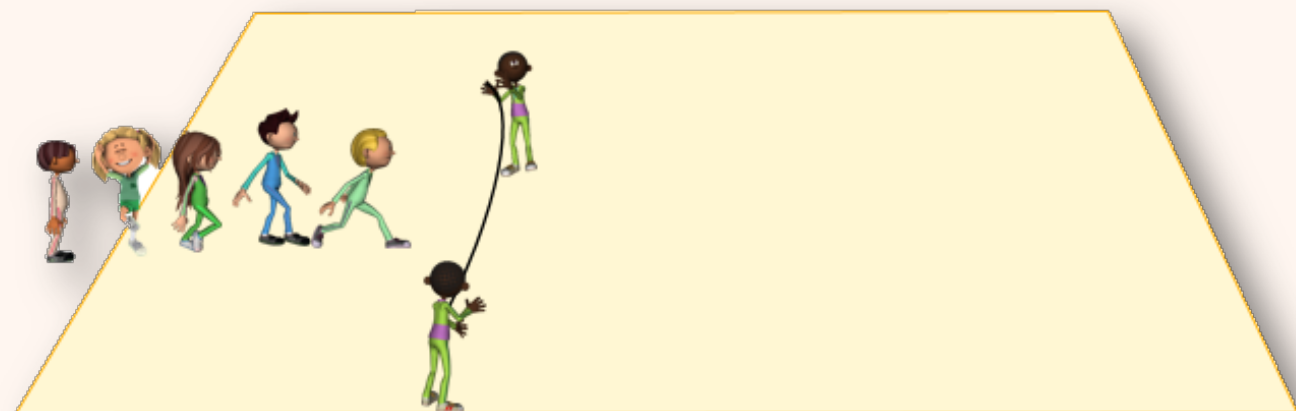
Activity 2: Poly Jump

- Set up poly spots all over your floor
- Place the children in 2 lines
- Have the first 2 children long jump from spot to spot
- See which student can get from one end of the room to the other end of the room with the least amount of jumps



Activity 3: Jumping Train

- Pick 2 students to turn a long jump rope
- The rest of the kids make 1 line behind the jump rope
- Once the children start turning the rope, the kids in line will take turns jumping over the rope, taking only 1 jump then going to the end of the line
- The children in line will continuously jump through the rope





JUMP FOR POINTS

SKILL FOCUS

- ★ Eye-foot coordination, balance, agility, power, jumping, leg strength

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ 1 or 2 gym mats, floor tape

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to fall off the mats onto the hard surface

SETUP

Set the children up on 2 teams in traditional relay race lines. In front of each team set up 1 or 2 mats. On the mats, use floor tape to mark off the points of their jumps with the lowest number closest to them, the highest point total the furthest from them (as seen in image).

INSTRUCTIONS

1. On 'go' the first child in line will sprint towards the mats and jump as far as they can with touching the mat on take off.
2. Wherever their back foot lands will determine how many points they got for their jump.
3. The teacher will determine how many points were received as well as keep track of total points for each team.
4. Next, the teacher should say 'go' again to let the next students in line know it is their turn to repeat this process.
5. Again, the teacher will add the new totals to the team's score.
6. Go through the line multiple times to determine the winner.

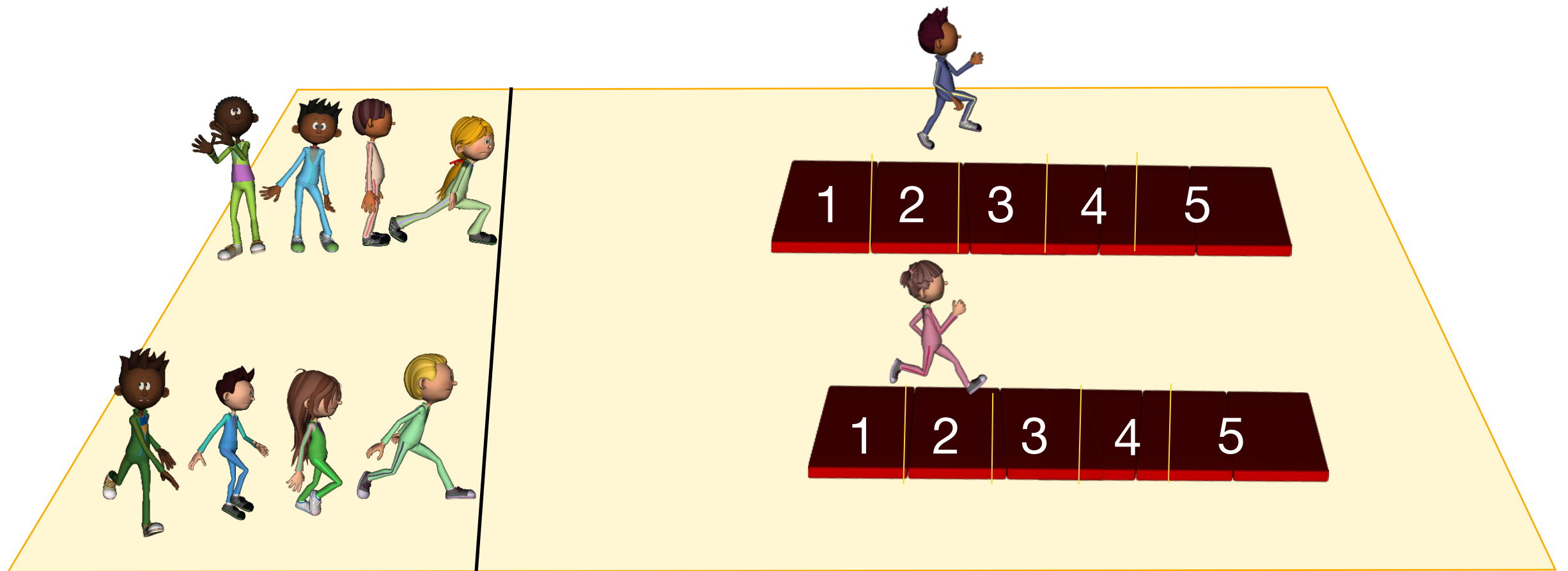
MODIFICATIONS

To make it harder, increase the distance the kids have to jump to acquire points.



Jump for Points

A running and jumping game achieving points for long jumps





Poly Jump

SKILL FOCUS

- ★ Eye-foot coordination, balance, agility, power, jumping, leg strength

GROUP SIZE

- ★ 8-24 students

EQUIPMENT

- ★ 50 poly spots

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be aware of the other children in the room so they do not bump

SETUP

Spread poly spots all over your floor. Do not place them in a pattern, and vary the distances they are apart from each other. Place the children in 2 lines facing the poly spots on the floor.

INSTRUCTIONS

1. On 'go' the first student in each line must long jump from spot to spot.
2. Their objective is to get from their line to the other end of the room with the least number of jumps.
3. Children must keep track of how many jumps it takes them to get from point A to point B.
4. Once they complete their jumps, they should report their score to the teacher and go to the end of the line.
5. Once they do this, the next child in line takes their turn.
6. Have each child go a few times to see which child can get the lowest score.

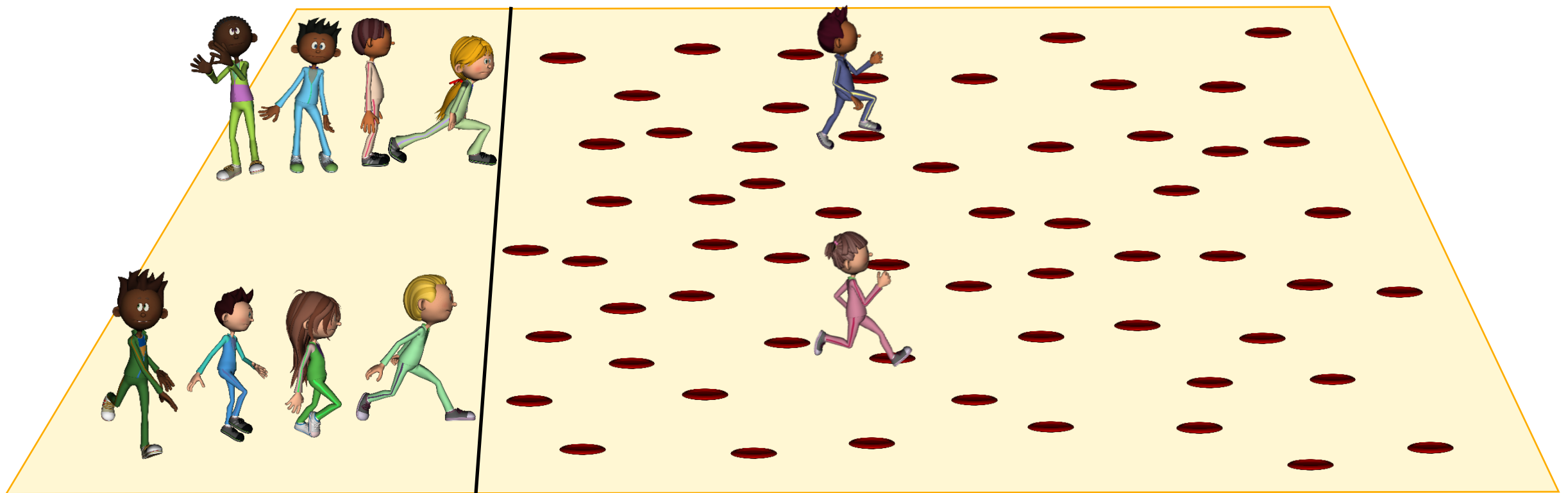
MODIFICATIONS

To make it harder, use fewer poly spots and spread them farther apart.



Poly Jump

A fun activity using poly spots where children have to get across the room with the least number of jumps





Jumping Train

SKILL FOCUS

- ★ Eye-hand coordination, agility, jumping

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 1 long jump rope

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful attention to the spinning rope so it does not hit them

SETUP

Pick 2 students to turn a long jump rope. Have the rest of the class make a line behind the rope. If you have a large class, you can use different sections of your room and use multiple areas to spin the ropes.

INSTRUCTIONS

1. On 'go' the 2 children will carefully turn the rope.
2. Once they have built momentum, the first child in line must approach the rope and jump over it and return to the end of the line.
3. As soon as that child jumps over, the next child in line should begin their jump over the rope.
4. The pattern will continue for all the children in line.
5. See how long the kids can do this activity without hitting the rope.
6. After a few minutes, switch the kids who are turning the rope.

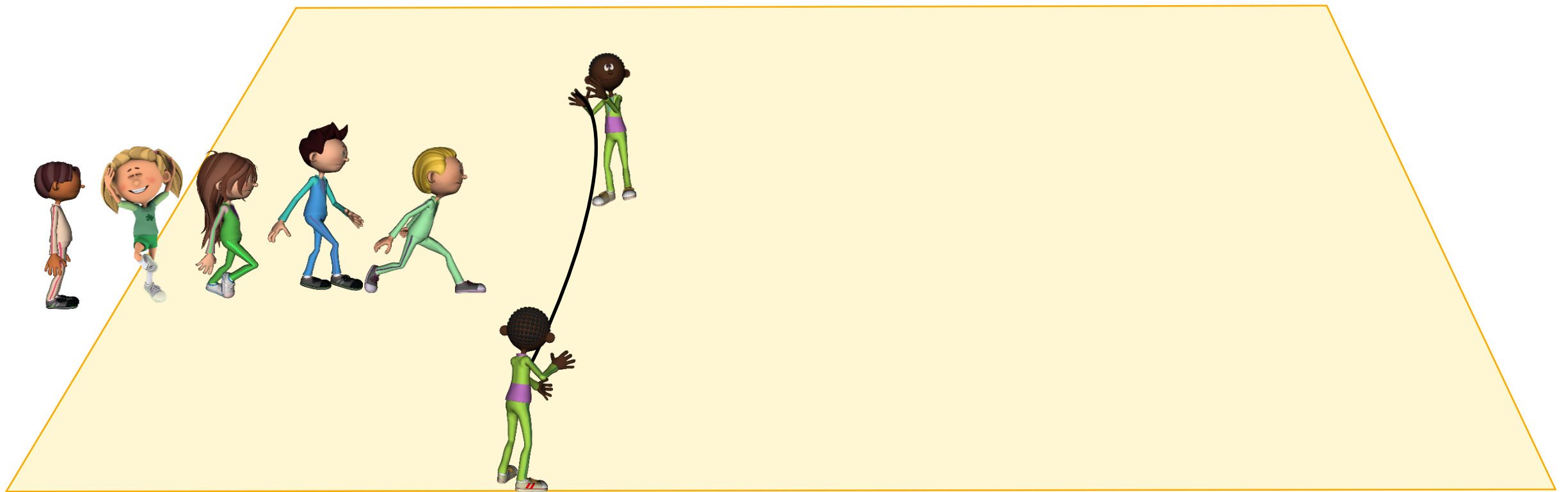
MODIFICATIONS

To make harder, the children spinning the rope can turn it a little faster.



Jumping Train

A jumping rope activity where children can practice their jumping skills



Lesson 4: Javelin

Learning Objective

To be able to throw the javelin properly using the proper form and fundamentals

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can throw a javelin properly

I can throw a javelin safely

I can use the proper fundamentals of throwing a javelin

Focus Questions

How do I throw a javelin properly?

How do I throw a javelin safely?

Equipment

4 x		Tall cones
8 x		Bowling pins
25 x		Pool noodles
8 x		Hula hoops
1 x		Beach ball

Coaching Points

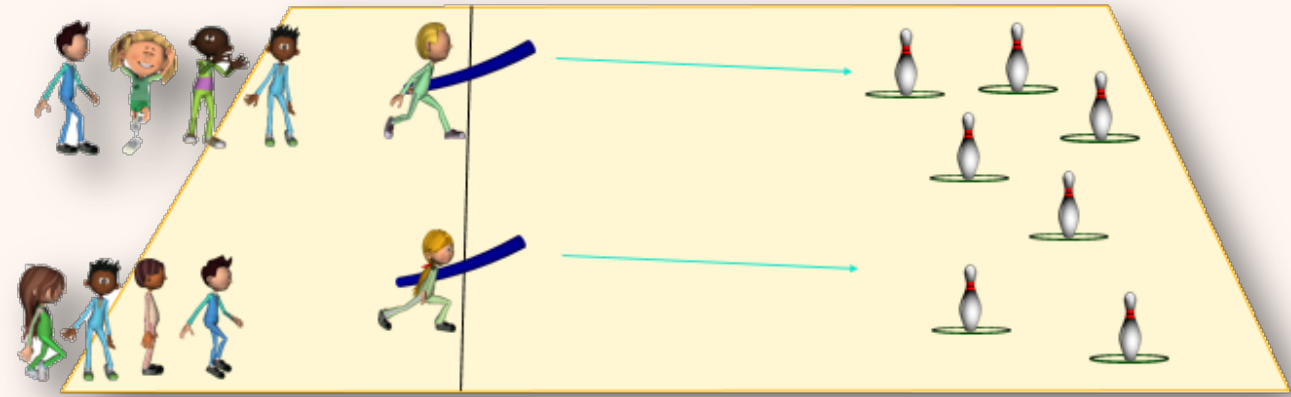
- ✓ Step in the direction you are throwing
- ✓ Remember to follow through on your throw
- ✓ Hold the javelin slightly above your head and position it parallel to the ground
- ✓ Keep a firm, yet controlled grip on the javelin



Lesson 4 - Overview

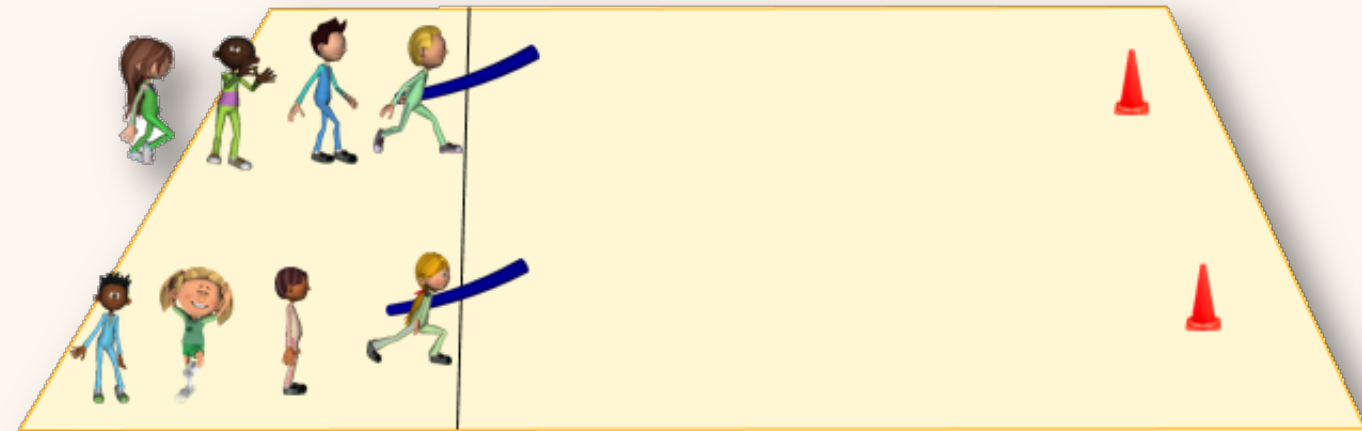
Activity 1: Javelin Pin Toss

- Set the children up in 2 traditional relay race lines
- On 'go' the children will javelin throw the pool noodles
- Their objective is to knock over pins with their throw
- If they do knock over a pin, their team will receive a point



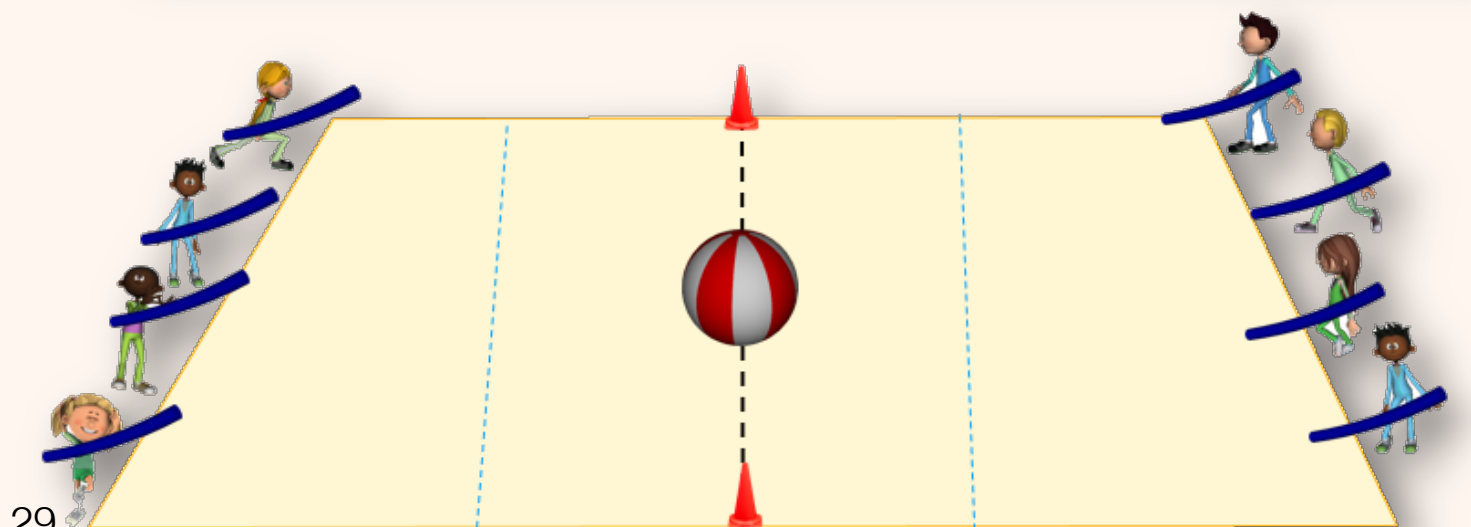
Activity 2: Javelin Relay

- Put the children on 2 even teams
- On 'go' the first child in each line must travel using a sidestep
- They will be holding the pool noodle as they do it
- Their feet will move sideways (apart, cross together, apart, cross together) as they move from one end of the room to the other end of the room



Activity 3: Javelin Soccer

- Place the children on 2 even teams
- Each team will position on the end lines
- Every child will have their own pool noodle
- Their objective is to toss the pool noodle at the large beach ball in an effort to hit the ball into the goal area





Javelin Pin Toss

SKILL FOCUS

- ★ Aiming, coordination, speed, balance, power, agility

GROUP SIZE

- ★ 8-24 students

EQUIPMENT

- ★ 2 pool noodles, 8 hula hoops, 8 bowling pins

LOCATION

- ★ Inside or outside

SAFETY

- ★ Students should be careful not to hit other children with the noodle while throwing them

SETUP

Place the children in 2 even relay race lines. Place 6-8 hula hoops a distance way with a bowling pin in each hoop.

INSTRUCTIONS

1. On 'go' the first child in line will toss the pool noodle like a javelin at the bowling pins on the other half of the room.
2. Each time they knock over a pin, they must stand it up, get the noodle and bring it to the next child in line who follows the same pattern.
3. The teacher should keep track of how many points each team has during the activity.
4. Make each round about 5 minutes long.
5. Depending on the type of pool noodle you have, you may need to add some extra weight to the front part of the noodle to allow it to get more distance
6. The team who knocks the pin over the most wins.

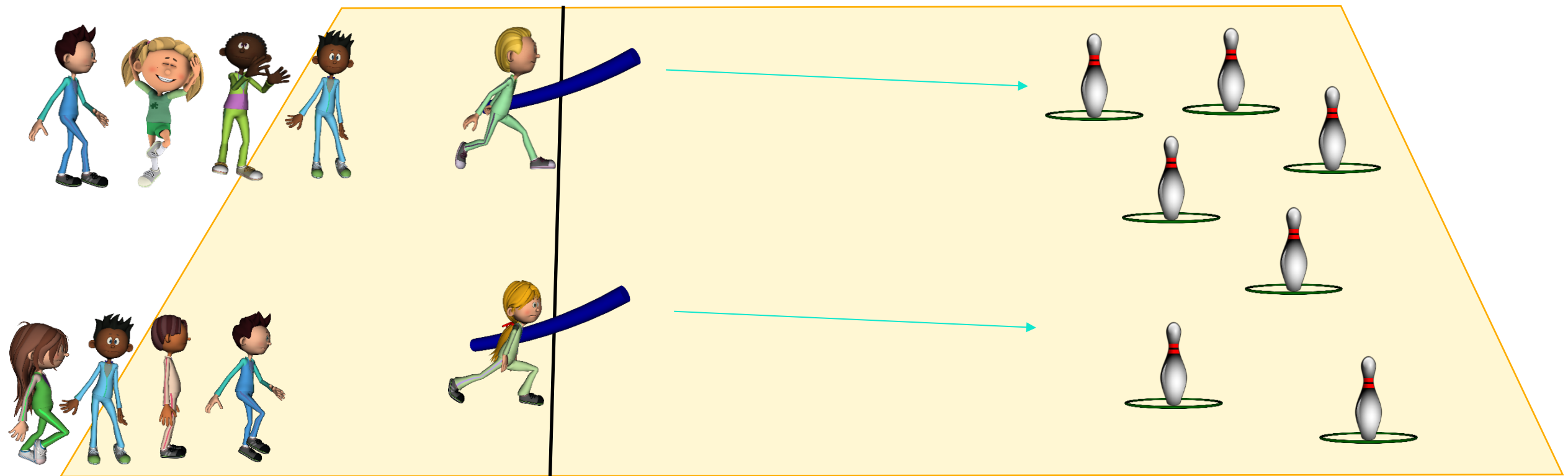
MODIFICATIONS

To make it harder, increase the distance between the children and the pins.



Javelin Pin Toss

Students will use a pool noodle to simulate a javelin throw, trying to knock over pins





Javelin Relay

SKILL FOCUS

- ★ Speed, agility, balance, coordination

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ 2 pool noodles, 2 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to stay alert and not trip over their own feet

SETUP

Divide your class into 2 even teams and set them up in a traditional relay race line. Give the first child in line a pool noodle and set up a cone on the opposite end of the room.

INSTRUCTIONS

1. On 'go' the first child in line will sidestep to the opposite cone, go around it, and sidestep back.
2. They will be holding the pool noodle in their hands the entire time.
3. While they sidestep, their footwork is important. As they travel, their feet must go apart, then together as the legs cross, then apart, then together again as the legs cross. This pattern is the only way to travel in this race as these movements will resemble the running up to the line while performing the javelin throw.
4. As the first child comes back, they will hand off the pool noodle to the next child in line.
5. The next child will perform the skill as the student in front of them did.
6. The first team to finish wins the race

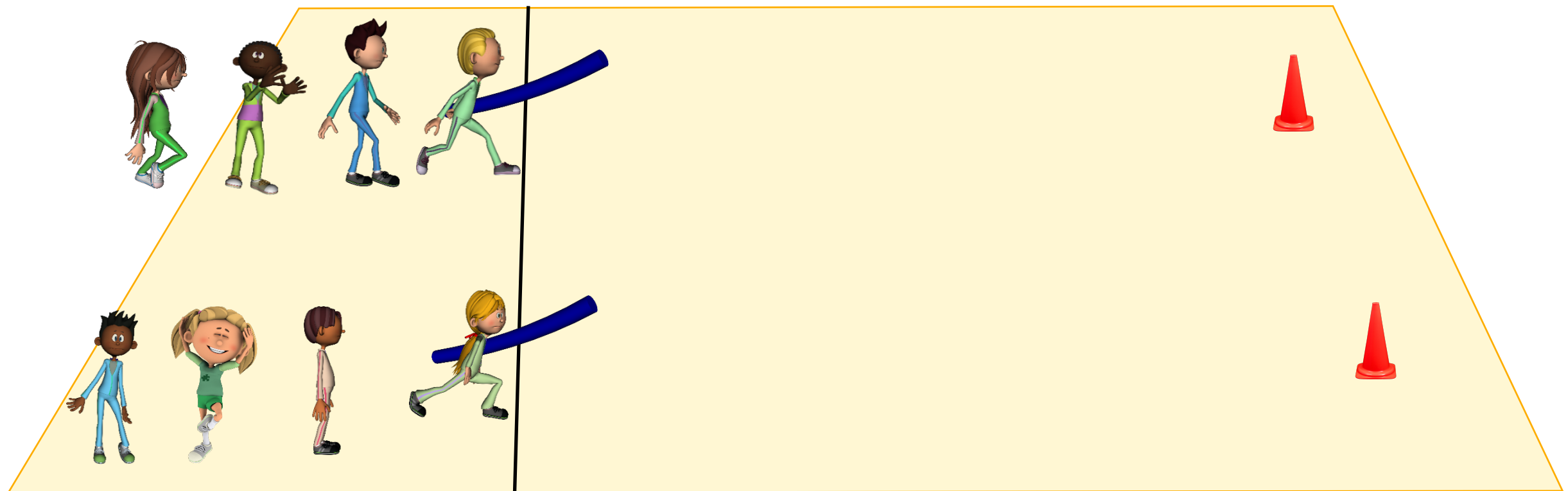
MODIFICATIONS

To make it harder, increase the distance from the starting line to the cone.



Javelin Relay

Students will race with a pool noodle in their hand using the steps someone would use throwing a javelin





Javelin Soccer

SKILL FOCUS

- ★ Aiming, throwing, eye-hand coordination

GROUP SIZE

- ★ 6-30 children

EQUIPMENT

- ★ 1 beach ball, enough pool noodles for each child

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to hit other children with their pool noodles

SETUP

Divide the class into 2 even teams. Each team has an end line to stand on. Give each child their own pool noodle and place a beach ball in the middle of the room. Using floor tape, mark off goal lines (as seen in image).

INSTRUCTIONS

1. On 'go' the children will start to throw their pool noodles at the beach ball as they would throw a javelin.
2. Their objective is to hit the beach ball in an effort to have it travel past the opposing team's goal line.
3. After they throw their noodle, they must retrieve it and run back to their throwing line.
4. Once back at their throwing line, they throw their noodle again.
5. The game pauses when someone gets the beach ball into the goal.
6. The team with the most points at the end wins the round.

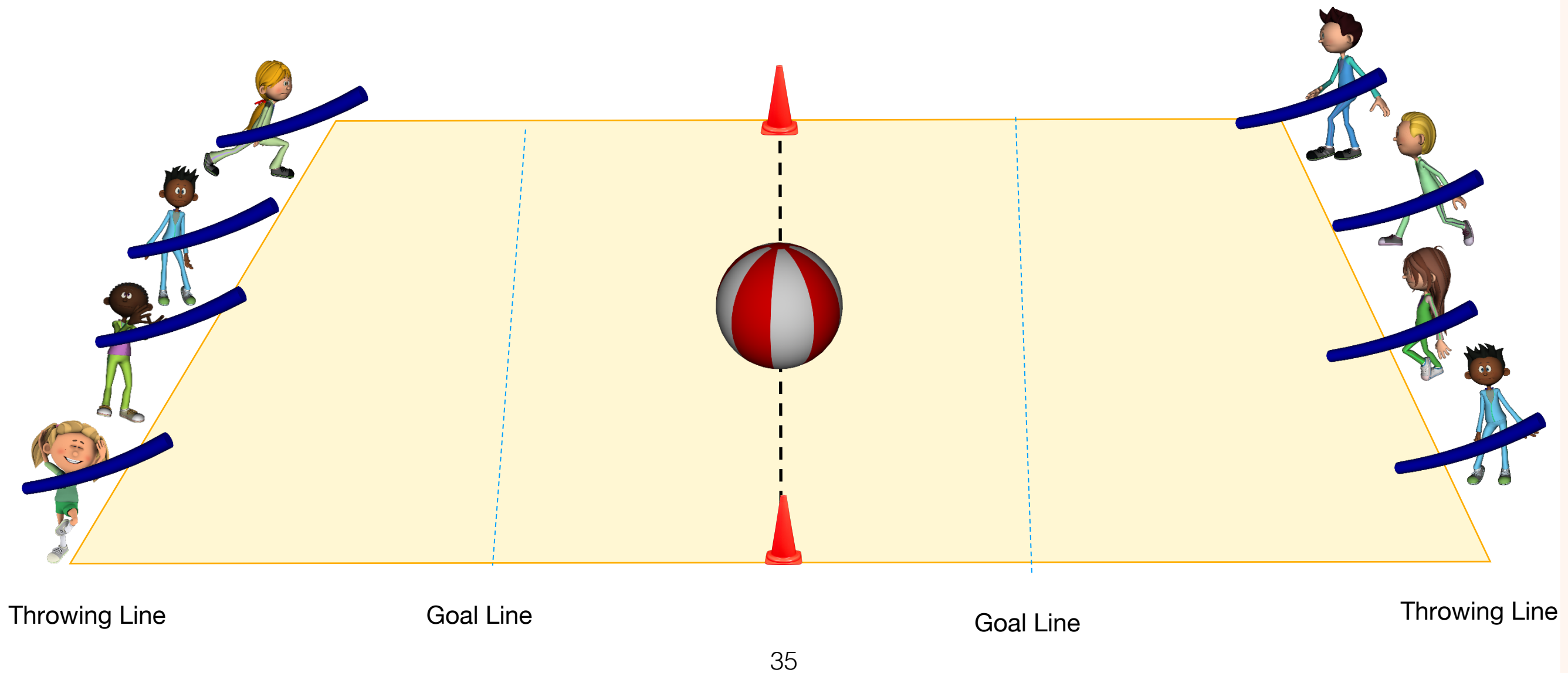
MODIFICATIONS

To make it harder, make the goal line further away.



Javelin Soccer

Students throw their pool noodle “javelin” at the beach ball in an effort to have it travel past the opposing team’s goal line.



Lesson 5: Cross Country

Learning Objective

To be able to jog long distances without fatigue

SHAPE Standards

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Success Criteria

I can jog efficiently

I can jog for extended periods of time

I can jog using proper fundamentals

Focus Questions

How do I concentrate on jogging properly?

How do I jog for extended periods of time?

Equipment

4 x  Cones

5 x  Hula hoop

100 x  Bean bags

Coaching Points

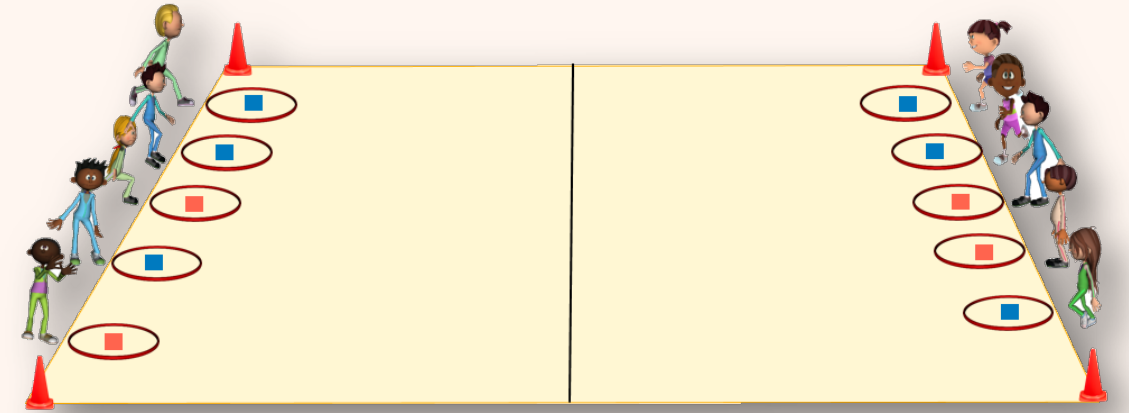
- ✓ Always do a proper warmup before jogging
- ✓ Make use of arms as well while jogging
- ✓ Keep a comfortable steady pace while jogging
- ✓ Start slow, do not overdo it at the beginning of a jogging session



Lesson 5 - Overview

Activity 1: Flat Tire

- Set the children up on the end lines of your room
- Give each child a hula hoop and bean bag
- Children must toss the bean bag into their hoop
- When it goes in the hoop, they move the hoop forward



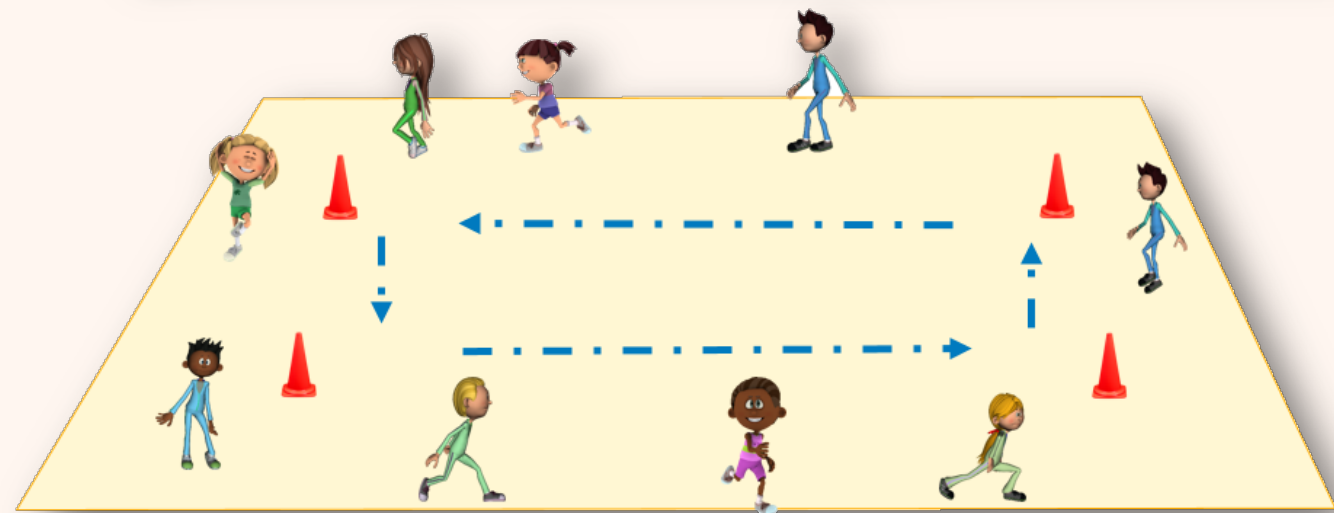
Activity 2: Swatters

- Spread balls and hula hoops all over the room
- Some kids will be ball collectors, some will be swatters
- On 'go' the ball collectors will find balls and place them in the hoops
- The swatters must use their rackets to hit the balls out of the hoops



Activity 3: Jogging Track

- Use cones to mark off jogging areas
- Spread the students out in the room
- Have them jog around the cones to form a jogging track
- They are not racing, just trying to improve endurance





Flat Tire

SKILL FOCUS

- ★ Running, endurance, speed, agility

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 1 hula hoop and bean bag for each child

LOCATION

- ★ Inside or outside

SAFETY

- ★ Students need to be aware of other children so they do not bump into one another

SETUP

Each child should get a hula hoop and bean bag. Line up each child on the end line of the room. If you have a lot of children use the sidelines or have children line up on both sides of the room as shown in our image. The hula hoop will be a make-believe car tire. Each child's hula hoop starts off directly in front of them where it is touching the end line (as shown in image).

INSTRUCTIONS

1. On 'go' all the children will toss their bean bag into their hula hoop in this activity geared to improve endurance.
2. If they miss, they must retrieve their bean bag and go back to their line and try again.
3. If their bean bag lands in their hula hoop, they should get the bean bag and flip their hula hoop one space. Then, they go back to the line and do the process again, although they will be further away from the hoop each time it makes it in their hoop.
4. Flipping the hula hoop means it moves up one length of the size of their hula hoop. Their objective is to get their hula hoop to reach the desired location first.
5. The first child to flip their hoop to the desired location first wins the race.

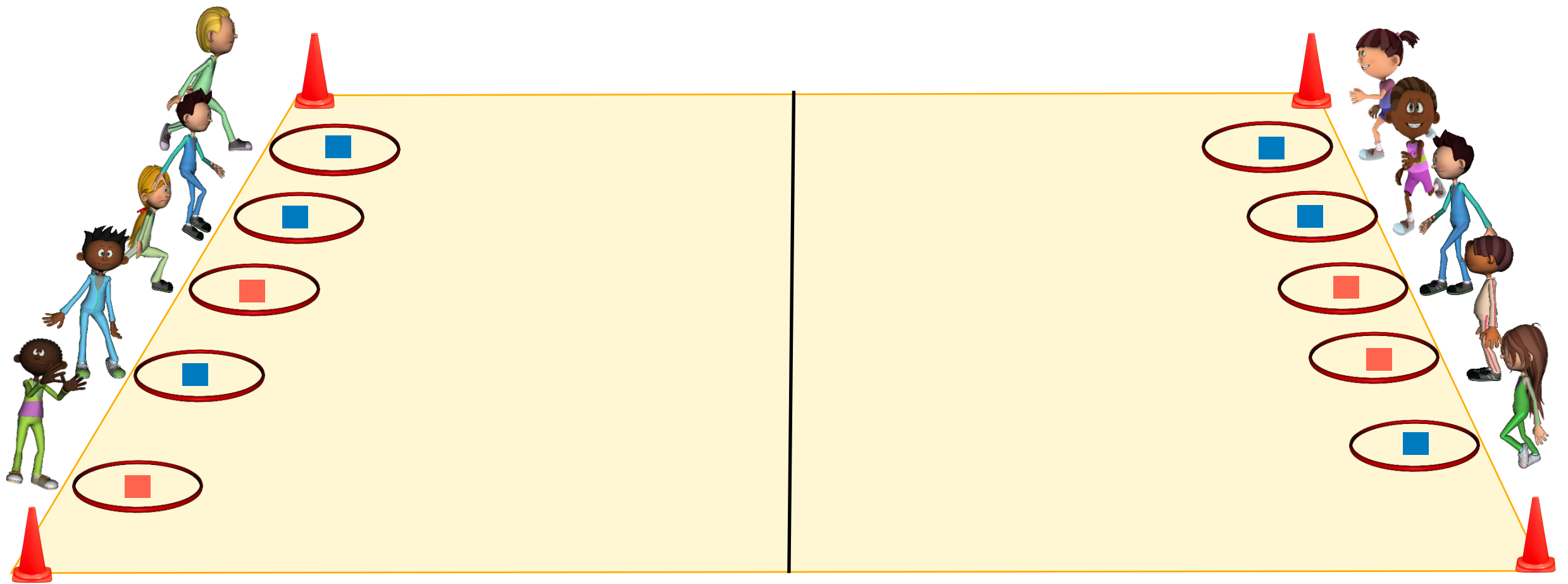
MODIFICATIONS

To make it harder, increase the distance the children run.



Flat Tire

An endurance activity where the children have to move a flat tire (hula hoop) to a location in your room





Swatters

SKILL FOCUS

- ★ Speed, endurance, agility, balance, eye-hand coordination

GROUP SIZE

- ★ 8-30

EQUIPMENT

- ★ 25 hula hoops, 50 sponge balls, 8 rackets or hockey sticks

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another while running around the room. Children with rackets need to be careful swinging them.

SETUP

Place hula hoop and balls all over your room (as seen in image). Give about 1/3 of your students a tennis racket or hockey stick. Choose 2/3 of your students to be ball collectors and the rest of the students can be swatters.

INSTRUCTIONS

1. This is another endurance activity where the sessions should not be too long. Give students time to rest occasionally.
2. On 'go' all the ball collectors will continuously run around the room picking up sponge balls and placing them into hula hoops. Each hoop can house as many balls as they want.
3. The swatters will run around with the tennis rackets and carefully hit the sponge balls out of the hoops.
4. This is a continuous activity with no winner or loser. Just children having fun with one another.
5. After a few minutes, give the students a chance to rest and choose new swatters.

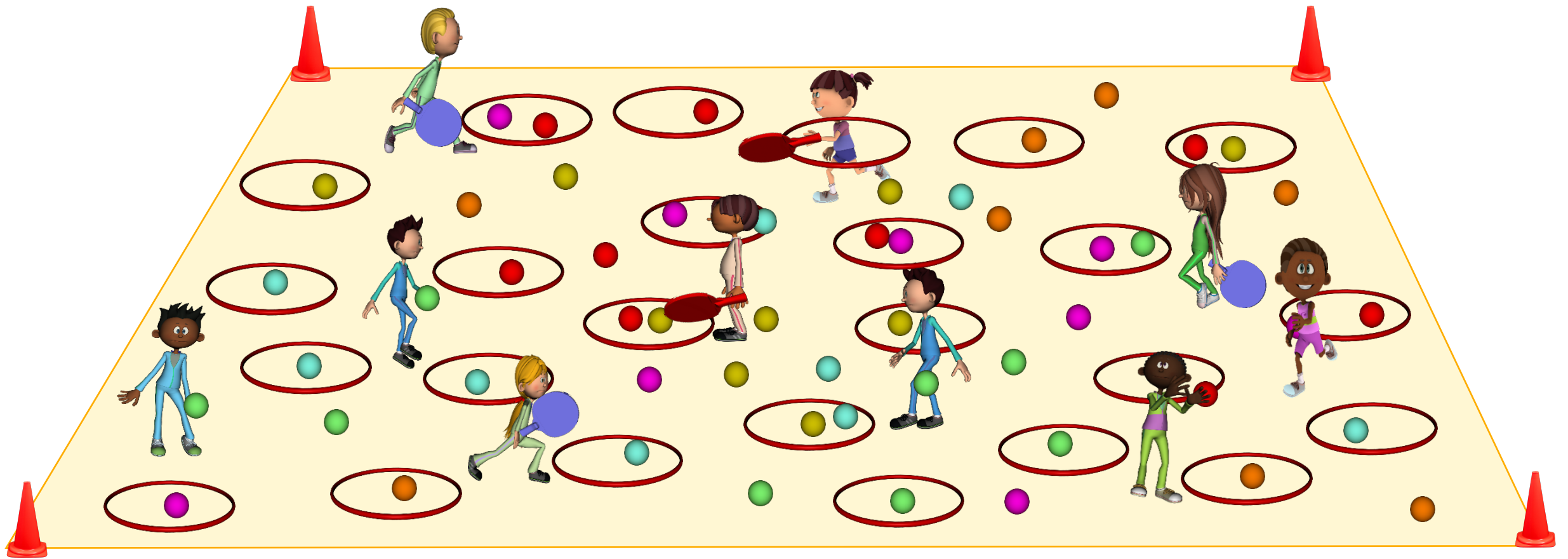
MODIFICATIONS

To make it harder, increase the number of bean bags in the middle.



Swatters

An endurance activity where some kids are ball collectors and some are swatters





Jogging Track

SKILL FOCUS

- ★ Running, endurance, agility, cognitive skills, balance

GROUP SIZE

- ★ 5-25 children

EQUIPMENT

- ★ 4 cones, marking tape

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to bump into each other

SETUP

Set up 4 cones in image along with floor tape (as seen in image) to show the children where they will be jogging.

INSTRUCTIONS

1. On 'go' play music and have the children jog around the designated area for movement.
2. When the music stops, they can take a rest period.
3. Start music again to have the children start their jog again.
4. They should be moving at a steady pace, not going too fast.
5. To mix it up a little, exchange jogging for other types of movement such as skipping, galloping and walking.

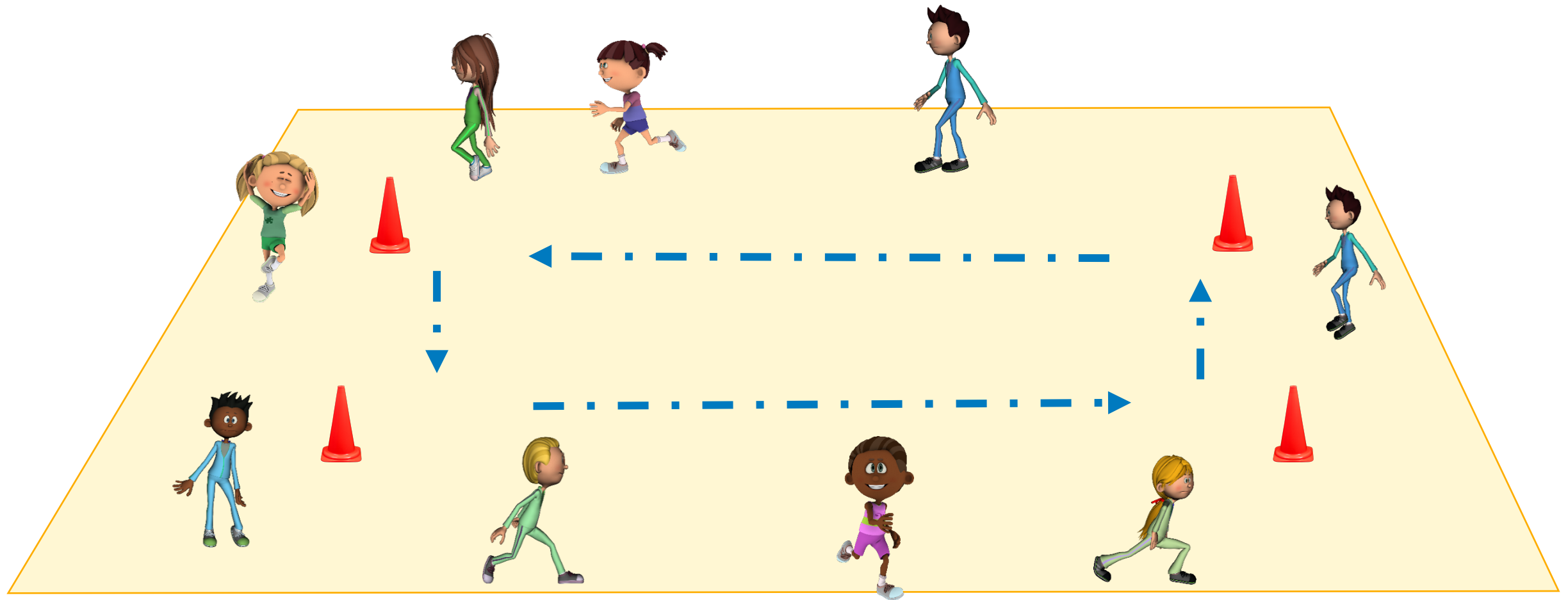
MODIFICATIONS

To make it harder, make the jogging track a little larger and shorten the rest periods.



Jogging Track

An endurance activity where children practice jogging to music



Lesson 6: Game Play

Learning Objective

To be able to simulate multiple track and field activities

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I understand how to apply the skills needed to participate

I can jog efficiently

I can throw efficiently

I can jog for a long time

I can run fast

Focus Questions

How do I apply my skills to run faster?

How can I jog for extended periods of time?

Equipment



Cones



Pool noodles



Floor mats



Long jump ropes

Coaching Points

- ✓ Focus on the task at hand
- ✓ Be a good teammate
- ✓ Use all the proper fundamentals
- ✓ Apply the skills used in this unit



The Summer Olympics

SKILL FOCUS

- ★ Gameplay, teamwork

GROUP SIZE

- ★ Any number of children who can participate safely

EQUIPMENT

- ★ 4 cones, pool noodles, cardboard boxes

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children just need to be aware of all students and their locations

SETUP

This is a chance for your students to put their skills to work in a real track and field environment. Divide your class into groups and have them participate in various track and field activities. Set up a 50-yard dash, distance running, pool noodle throw, hurdling over cardboard boxes, and long jumps.

INSTRUCTIONS

Your students will be participating in a Summer Olympics, focusing on sprinting, long distance running, long jumps, javelin throws, and hurdling.

MODIFICATIONS

To make it easier:

- Make the sprint a 25-yard dash
- Have them do a shorter marathon
- Give them plenty of rest time
- Use smaller boxes to jump over
- Give them smaller pool noodles
- Do not keep score

To make it more challenging:

- Have them sprint 100 yards
- Have them run longer distances
- Do not give them as much rest time
- Have them jump over larger boxes
- Use larger pool noodles
- Keep score



Track and Field Unit Assessment

Name: _____

Class: _____

Skill	Beginning	Developing	Mastering
Sprinting			
Hurdles			
Long Jump			
Javelin			
Long Distance Running			
Teamwork			
Eye-Hand Coordination			
Gameplay			
Effort			