

<b>Age: 3 - 5</b>		<b>Sport: Track and Field</b>	
<b>Duration:</b> 55 mins	<b>Physical Skills:</b> Running, throwing, jumping	<b>Social Skill:</b> Leadership	<b>Stickers:</b> Track and Field, Leadership

<b>Instructions</b>	<b>Language</b>
---------------------	-----------------

<b>Welcome!</b>	<b>Equipment: N/A</b>
-----------------	-----------------------

<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> <li>1. Introduce the sport</li> <li>2. Talk about the actions we do in track and field.</li> <li>3. Introduce the social skill.</li> <li>3. Talk about what <b>leadership</b> is and how we use it.</li> </ol>	<p>Today we are going to be doing track and field!</p> <p>In track and field, we do lots of running, jumping, and moving around the play space.</p> <p>It is important to practice <b>leadership</b> in sports!</p> <p>Today we are going to work on our <b>leadership skills</b>.</p> <p><b>Leadership</b> is a BIG word. But it really just means encouraging our friends, setting a good example, giving high fives!</p>
---	---

<p><b>Note:</b></p> <ol style="list-style-type: none"> <li>1. <b>Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li>2. <b>Complete a couple laps around the circle as an automobile (1-2).</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol>
--

<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	<b>Equipment: Cones</b>
---	-------------------------

<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Introduce automobiles by asking if the kiddos have been on a plane or if any of them like cars or trucks.</p> <p>Try to ask some kids in the group if they have a favourite automobile they want to share.</p> <p>If they do, try to move around the circle like that automobile.</p> <p>Another option is to suggest animals to the group (if the kids are shy or you want to incorporate a few other automobiles).</p> <p>Then move around the circle like that animal.</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>- Plane: move around with arms straight out like the plane wings flying!</li> <li>- Motorcycle: move around with our hands gripping the imaginary handlebars</li> <li>- Car: hands holding our imaginary steering wheel</li> </ul>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Has anyone been on a plane before? Planes are super cool because they go in the air like birds!</p> <p>Or what about cars or trucks??</p> <p>Does anyone in the group have an automobile they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's move around the circle like a _____.</p> <p>Or</p> <p>Who wants to know coach's favourite automobile?!</p> <p>I think we should be.... (use examples)</p>
---	---

<b>Funny Races</b>	<b>Equipment: N/A</b>
--------------------	-----------------------

<p>Have the kids line up on one end of the play space.</p> <p>Everyone has to run from one side of the playing area to the other while being a silly animal or character.</p> <p>Have each kiddo choose a different animal or character for each pass - if it is a big group, coach should choose so you aren't running for 10 straight minutes or make the playing field smaller!</p>	<p>Okay GoPlayers!, Let's all RUN RUN RUN to the other side of the play space like a _____.</p> <p>I want to see you be as silly as you can!</p>
--	--

<b>Physical Skills ~ 15 - 20 mins</b> <b>Wacky Laps</b>	<b>Equipment: Cones/pylons</b>
--	--------------------------------

<p>Set up a circle of cones/pylons that is a good distance for the whole group to move around. This is our “track”.</p> <p>Coach is going to lead the group around the circle of cones/pylons in laps of different motions.</p> <p>Each lap might be:</p> <ul style="list-style-type: none"> <li>- Skipping</li> <li>- Hopping</li> <li>- Running in a zig zag motion</li> <li>- Moving backwards</li> <li>- Speed walking</li> </ul> <p>If you have a chatty group you can ask them for some wacky lap ideas!</p> <p>You can even let the kids lead the wacky lap to provide a <b>leadership</b> opportunity.</p>	<p>In Track and Field, we sometimes run on a track! Just like in the name!</p> <p>Today, our track is going to be these cones.</p> <p>We don't want to just run though, we want to have fun! So, let's do some wacky laps!</p>
--	--

<b>JUMPS!</b>	<b>Equipment: Cones/pylons, hula hoops</b>
---------------	--

<p>Set up a line of cones/pylons for the kids to start at.</p> <p>Coach will move down the play space and face the line.</p> <p>We are going to be working on 3 kinds of jumps: high jumps, medium jumps, and small hops.</p> <p>Each of these will be connected to an animal. High jumps are kangaroos, medium jumps are bunnies, small hops are frogs.</p> <p>Make sure to outline this for the kiddos.</p> <p>The coach is going to be calling out each of those animals so the kiddos/parents can make their way jumping and hopping all the way to where coach is standing.</p> <p>Level up: coach can set up a track of some hula hoops and cones/pylons that the kiddos have to make their way through. Hula hoops can be hops in and out, cones/pylons can be set up to be high or medium jumps all the way over.</p> <p>If you have a group with older kiddos, you might want to put less emphasis on the first part of this activity and go straight into the course that the kids can go through. You can make it as challenging as the group needs.</p>	<p>Now that we have practiced our running, another action we do in track and field is jumping!</p> <p>Who can show me what a jump looks like? Perfect! We go up in the air!</p> <p>Can anyone think of any animals that jump or hop?</p> <p>Hmmmm... What about a kangaroo? Or a bunny like we do in warm-up sometimes? Or even smaller, a frog!</p> <p>What are the biggest of those animals? Yes, a kangaroo does big, high jumps!</p> <p>What is the next animal? Bunnies! They do slightly smaller hops!</p> <p>And our very smallest animal? Frogs! They are little but can still hop pretty far!</p> <p>Who wants to practice these jumps and hops?? Let's see if we can make it all the way to coach! We need to turn our listening ears on.</p>
---	---

<b>Social Skill ~ 10 - 15 mins</b> <b>Red Light, Green Light</b>	<b>Equipment: N/A</b>
---	-----------------------

<p>Have the kids line up on one side.</p> <p>The coach will be at the other end of the space.</p> <p>When the coach is facing the kids and they yell RED LIGHT they have to FREEZE.</p> <p>When the coach turns their back to the kids and yell GREEN LIGHT they have to move towards coach.</p> <p>The players are trying to get to the coach without being caught moving.</p> <p>Encourage leadership by having the kids give another GoPlayer a high five before starting another round.</p>	<p>Before starting: Let's see your best freeze pose! Like you're frozen in ice!</p> <p>Amazing! Now let's see your best freeze pose.</p> <p>Okay, so what will you all do when I yell RED LIGHT?</p> <p>What will you all do when I yell GREEN LIGHT?</p> <p>Okay, let's give it a try! We need to turn on our listening ears to know when to GO and when to FREEZE.</p> <p>When we FREEZE, we have to wait before we get to run again.</p> <p>Don't forget to <b>give our friends a high five</b> after each round!</p> <p>This is a fun game and we want to <b>be leaders</b> by encouraging our friends.</p>
---	---

<b>Over &amp; Under</b>	<b>Equipment: Cones/pylons, playground ball</b>
-------------------------	---

<p>Split the kids into two teams. Each team will line up behind a cone/pylon.</p> <p>Set up cones/pylons on the other side of the playspace to mark the finish line.</p> <p>Each team will have a playground ball. The person at the start of the line will have the ball.</p> <p>On coach's go, the first player in line will stay facing forward but pass the playground ball over their head to the next person in line. They will keep passing the ball overhead until it reaches the last player in line.</p> <p>That player will roll the ball back through the legs of their teammates and then run to the front of the line.</p> <p>They will keep doing this action until they reach the finish line. The goal is to make it there before the other team!</p> <p><a href="#">Example</a></p>	<p>Sometimes in Track and Field we work together and have to hand off items to our team members to complete the mission!</p> <p>We are going to do a version of this, being <b>leaders</b> to help our teams!</p> <p>The goal of this activity is to make it to the finish line before the other team does!</p> <p>The ball is going to go over all of our team members head's and then the last person will roll it back to the front while they run to the start of the line.</p> <p>Let's do a practice round to try the actions! (you don't need to go all the way to the finish line but let the teams try a couple times of going overhead and then rolling under).</p>
---	---

<b>Game/Fun Activity ~ 10 - 15 mins</b>	<b>Equipment: Hula Hoops</b>
---	------------------------------

<p>Spread hula hoops all around the play space.</p> <p>Have the kids spread out as well, finding a spot to start in.</p> <p>When coach says go, all of the kids have to run around the play space. Once coach starts counting down from 10, the kids have to find a hula hoop to stand in.</p> <p>After coach is finished counting down, they will go around and make sure all the kiddos are in a hula hoop.</p> <p>Depending on how the game is going, you can take away a hula hoop each round.</p>	<p>Coach is no longer the coach! We have turned into lava monsters! Uh oh!</p> <p>The only way to stay safe from the lava monsters is by finding a hula hoop to stand in with your friends.</p> <p>But you can only go in the hula hoops when the lava monster starts counting down from 10.</p> <p>Let's do a practice round, what will you all do when you hear 10, 9, 8...</p>
--	---

<b>Clean-Up</b>	<b>Equipment: N/A</b>
-----------------	-----------------------

<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the equipment and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the equipment to me!</p> <p>Now let's do it again for ____!</p>
---	---

<b>Review!</b>	<b>Equipment: N/A</b>
----------------	-----------------------

<p>Review what we did today!</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, track and field!</p> <p>Can I hear everyone say "track and field"?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced <b>leadership!</b></p> <p>I know it is a big word, but can I hear everyone say "<b>I am a leader!</b>"!</p>
----------------------------------	---

<b>Cheer!</b>	<b>Equipment: N/A</b>
---------------	-----------------------

<p>GO! PLAY! GO! PLAY! Have the coach yell 'GO' and the kids yell 'PLAY'</p>	<p>Be as LOUD as you can!</p> <p>I can't hear you!</p>
--	--

	Again, louder!!
<b>Stickers</b>	<b>Equipment: Sticker boxes</b>
Hand out Track and Field and <b>Leadership</b> stickers	Try to use the kiddos names as you hand out their stickers: Good job ____! Thanks for a great class ____! Thanks for being awesome!