

Age: 5 - 7		Sport: Track and Field	
Duration: 55 mins	Physical Skills: Running, throwing, jumping	Social Skill: Leadership	Stickers: Track and Field, Leadership

Instructions	Language
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Welcome!	Equipment: N/A
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> 1. Introduce the sport 2. Talk about the actions we do in track and field. 3. Introduce the social skill. 3. Talk about what leadership is and how we use it. 	<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 leadership in sports!</p> <p>Today we are going to work on our leadership skills.</p> <p>Leadership is a BIG word. But it really just means encouraging our friends, setting a good example, giving high fives!</p>
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<p>Note:</p> <ol style="list-style-type: none"> 1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at. 2. Complete 2-3 warm-up actions. 3. Then, always move into the second warm-up again after.

Warm-Up: Get Moving! ~ 5 - 10 mins	Equipment: Cones
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<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>Try to ask some kids in the group if they have a movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples:</p> <ul style="list-style-type: none"> - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees 	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
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Cat and Mouse Tag	Equipment: Flat cones, ground markers
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<p>Put the kids in partners.</p> <p>Set up a small circle of cones or ground markers for each group of partners.</p> <p>One kid will start as the cat (tagger) the other will be the mouse (runs away from tagger).</p> <p>They can run either direction around the circle.</p> <p>Once a mouse is tagged, they become the cat and can now chase after the kiddo who just tagged them.</p> <p>If you need to switch their roles because the cat can't catch the mouse, you can do that.</p> <p>Coach can also decide to change the shape of the kiddo's circles to be harder to run around (such as a triangle or square)</p> <p>Example</p>	<p>Okay GoPlayers, who wants to keep warming up our bodies?!</p> <p>If there is a cat and a mouse, who do you think runs away from the other one?</p> <p>Yes, the mouse will try to run away from the cat!</p> <p>For this game, in your partners, one person will be the mouse and one person will be the cat!</p> <p>Once you are tagged as a mouse, you will become the cat trying to tag your partner!</p>
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Physical Skills ~ 15 - 20 mins Speed Challenge		Equipment: Ground markers, ball
<p>Set up a circle using ground markers (or cones/pylons). 1 per kiddo.</p> <p>Have each kid stand at one.</p> <p>One person will start with the ball. Once they pass it to the next person beside them, they have to start running around the circle to get back to their spot before the ball is passed all the way around.</p> <p>Example</p>	<p>In track and field, we do a lot of running!</p> <p>We are going to work on our running skills in this speed challenge.</p> <p>Let's see if you can make it all the way around the circle before the ball!</p>	
JUMPS!		Equipment: Cones/pylons, hula hoops
<p>Discuss different kinds of jumps. High in the air, moving forward, small hops.</p> <p>You can relate to kangaroos, bunnies, and frogs depending on the group ages and skill levels. But you also do not need to put as much emphasis on this.</p> <p>Have them practice these different jumps on the spot to start by calling out a jump and having them do it.</p> <p>Then set up a course/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>Now that we have practiced our running, another action we do in track and field is jumping!</p> <p>Can anyone think of different ways we can jump?</p> <p>Right! We could jump up in the air staying in the same spot.</p> <p>We could jump forward as far as we can.</p> <p>We could jump just a small distance.</p> <p>Does everyone see the jumping course we have set up?</p> <p>Let's see if we can use those different jumps to go through the course.</p>	
Social Skill ~ 10 - 15 mins Rock Paper Scissors Tag		Equipment: Cones/pylons
<p>Set up a line of cones/pylons in the middle of the play space.</p> <p>Then set up 2 additional lines running distance away, on each end of the place space.</p> <p>So, there should be 3 lines of cones/pylons.</p> <p>Put the kids into partners, they will start facing each other at the middle line.</p> <p>On coach's go, the partners will play rock, paper, scissors.</p> <p>Once one person wins, they will turn around and run towards the safe zone (the other line of cones/pylons on their side). The player who lost has to try and chase their friend to tag them before they make it to their safe zone.</p>	<p>Who knows how to play rock paper scissors? Has everyone played before?</p> <p>Let's review (play with the other coach as a demo)</p> <p>We are going to work on our tagging while also playing rock, paper, scissors!</p> <p>If you win the rock, paper, scissors against your partner, you have to run run run to the safe zone before getting tagged!</p> <p>That means if you are not the winner, you are the tagger and you will have to chase your friend and try to tag them before they make it to the safe zone!</p> <p>Let's be leaders and show our friends how to be good sports in this game! It doesn't matter if you are winning or losing rock, paper scissors, because it is a fun game!</p> <p>Who thinks they can do that?!</p>	
Over & Under		Equipment: Cones/pylons, playground ball
<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>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 leaders 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>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>Example</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>
<p>Game/Fun Activity ~ 10 - 15 mins Hot Dog Tag Equipment: N/A</p>	
<p>This is a variation of tag where kids have to run around.</p> <p>Depending on the group, either the coaches (or 1 coach) can be it, or select 1-2 kids to be it.</p> <p>When someone is tagged they have to lay on their stomach on the ground and they have become the hot dog who then needs to find their "buns".</p> <p>As others are tagged they have to lay on their stomachs beside the kids who are already laying.</p> <p>Once there are 3 kids laying beside each other, they are a full hot dog and they can get up and rejoin the game.</p>	<p>Okay GoPlayers!, who here has played tag before?</p> <p>Awesome! We are going to play a version of tag called HOT DOG TAG!</p> <p>Who can tell me what a hot dog is made of? That's right! A bun and a hot dog.</p> <p>For this game, we are going to practice our running and when you are tagged you are going to lay on the ground like a hot dog!</p> <p>Once you have two friends come lay beside you to create the bun, you can all get back up and keep playing.</p>
<p>Clean-Up Equipment: N/A</p>	
<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 balls 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 balls to me!</p> <p>Now let's do it again for ____!</p>
<p>Review! Equipment: N/A</p>	
<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 leadership!</p> <p>I know it is a big word, but can I hear everyone say "I am a leader!"!</p>
<p>Cheer! Equipment: N/A</p>	
<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> <p>Again, louder!!</p>
<p>Stickers Equipment: Sticker boxes</p>	
<p>Hand out Track and Field and Leadership stickers</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>

