



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

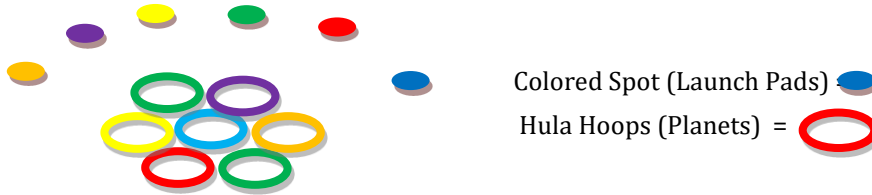


Buzz Lightyear's Blast-Off (Tot Football Edition):

Purpose: Passing

Equipment: Colored Spots, 7- Hula Hoop, Colored Disks, Football

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 semi-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.



Execution:

1. The players are the astronauts and their Football is their Rocketship, the spots are the launch pads and the hula hoops are the planets.
2. Coach introduces how to throw a proper football pass. Breakdown/Demonstrate proper throwing form
3. Give each player a Rocket Ship and have them show you the proper starting position (Launch Pad)
4. When Coach yells "BLASTOFF", all players throw their Rocket Ship. Have them stay on their spot while the coach throws a spot/disk down in every hula hoop that has a football in it. Those are the successful rocket missions.
5. Coach tells all players "grab your launch pad, take one giant step away from the planets, put your launch pad down"
6. 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
7. Continue until the team has landed a rocket ship on every planet.
8. Reset and continue as time permits.