



TRACK & FIELD CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

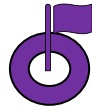


Skyhawks Relay Races

Purpose: Running

Equipment: Baton, Flags/cones, colored spots, Pirate Flags, Hula Hoops

Set Up: Use colored spots to create 2-team lines (For this Example, Orange and Purple). Put down a Pirate Flag with an Orange Hula Hoop around it, in front of the Orange Team Line Spots. Put down a Pirate Flag with a Purple Hula Hoop Around it for the Purple Team Line. Break kids into team and assign each kid to their team standing spot. The distance between the Team Standing Spots, and their Flag, should be age appropriate. Start close and scoot back each round.



Execution:

- Break players into 2-teams and assign each team to a color (orange or purple in this example)
- Coach gives the baton to the first player in each time line
- Review/demonstrate how you run around YOUR TEAMS flag with the Baton and then HAND it off to the next player in line. NO THROWING THE BATONS...THEY WILL REALLY HURT SOMEONE
- Have kids review how they will hand them off to the next person in line.
- On the coach's whistle, the first player on each team with the baton runs down around the flag and back to their spot.
- They hand the baton to the next player in line who then runs down around the flag/cone
- Continue until all players have gone.
- Scoot the Flags back and continue as time permits.

Variation:

- W/ Zig-Zag Flags: Add Pirate Ship Zag Zag Flags in the middle. Now players have to Zig Zag down and back.

