



TRACK & FIELD CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

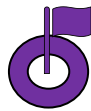


Skyhawks Relay Races

Purpose: Running, Teamwork, Dribbling

Equipment: Cones, Dodgeball, Large Spots, Small Spots, Pool Noodles, Hula Hoops

Set Up: Use colored spots to create 2-team lines (For this Example, Orange and Purple). Put down a Flag or Cone with an Orange Hula Hoop around it, in front of the Orange Team Line Spots. Put down a Flag or Cone 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: Have the kids compete in relay races using funny props and Batons:

- See Skyhawks Relay Races. Crazy Relay Races just adds in props instead of Batons
 - a. Batons – Standard Relay Race with a Medal or Foam Baton (depending on the age)
 - b. Ice cream cone race – put a dodgeball on top of a tall cone; looks like an ice cream. Have the kids run down and back holding only the cone. Don't drop the ice cream!!!
 - c. Pizza Race – Use the large spots and call it a "pizza". Put 2 small spots on top as the toppings. Have the kids hold the spot like and pizza and carry it down and back without spilling the toppings.
 - d. Horse Race – Use the noodles as horses; giddy up down and back
 - e. Monster Trucks – Use Hula Hoops as steering wheels. Race down and back
 - f. Lawn Mower Races – First player in line uses a hula hoop to push the ball down to the end and back. Players should hold the hula hoop to the ground like a lawn mower and position it left/right to move the ball in left/right.

Variations:

- W/ Zig, Zag Flags – Put down Flags or Cones in a straight line between each team. Players now have to Zig-Zag through the flags down and back.
- W/ Soccer Balls – The Soccer Ball is now the Baton. Players must DRIBBLE the ball down and around their team flag and then pass it to the next person in line.

