



The SPARK activities located in the diversity binders are activities related to the Olympic Field Day culminating activity. However, these activities can be done with all groups regardless of your culminating activity.

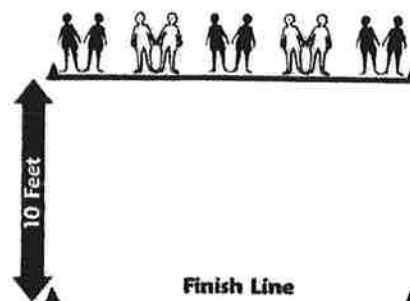
If you are doing the Olympic Field Day culminating event these activities will be good practice for the students leading up the actual event.

**SPARK™****STICK WITH ME****TEAM BUILDERS****COOL COOPERATIVES****Ready**

- 4 cones or spots (to create start and finish lines)

**Set**

- Create start and finish lines 10' apart and wide enough for all players to stand side-by-side.
- Pair players and have them standing with inside feet touching each other (as in a 3-legged race.)

**GO!**

1. Today's activity is *Stick With Me* where you and your partner move from the start line to the finish line keeping your inside feet (the ones that are next to each other) together.
2. On signal, work with your partner to cross the finish line keeping your inside feet together at all times. If your feet detach, return to the start and begin again.
3. When finished, join another successful pair to attempt the crossing with a group of 4.
4. **Skill-it!**
  - Work with each other. Communicate and problem-solve.
5. **Challenges**
  - Using the same rules, can you move across a different way?
  - Can you go backwards?
6. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
  - Did you show appreciation to your partner and groupmates?
  - What does "appreciation" mean to you? (*Appreciation: [noun] an expression of gratitude, admiration, or approval for an individual or group because of their qualities or accomplishments.*)

**Safety First**

- It is not a race. Be considerate of your partner's feelings, strengths and weaknesses.

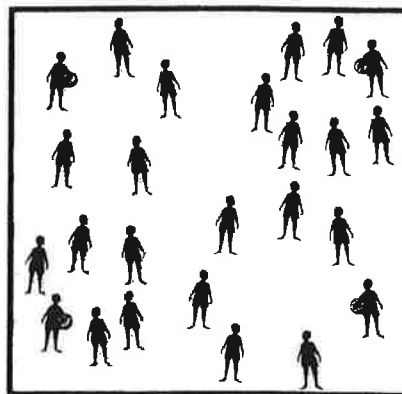
**AFTER SCHOOL**

**SPARK****MOON BALL****TEAM  
BUILDERS****COOL  
COOPERATIVES****Ready**

- 1 beach ball (or any large, light ball) per 5 players
- 1 stopwatch
- Music and player (optional)

**Set**

- Form circles with 5-7 players; each group with a beach ball.

**GO!**

1. Today's activity is *Moon Ball* where you try to keep the ball up in the air as long as possible by cooperating with your group.
2. On signal, underhand toss the ball up to someone in your group. All may use any body part to keep it up in the air as long as possible.
3. **Skill-it!**
  - Work and move together.
  - Encourage each other.
4. **Challenges**
  - How many touches can your group make before the ball hits the floor?
  - How many seconds can your group keep it up?
5. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
  - Did you encourage your groupmates? How?
  - If you received encouragement, how did it make you feel?

**Safety First**

- Stay clear of other groups.

**AFTER SCHOOL**

**SPARK****HOUDINI HOOPS****TEAM BUILDERS****Ready**

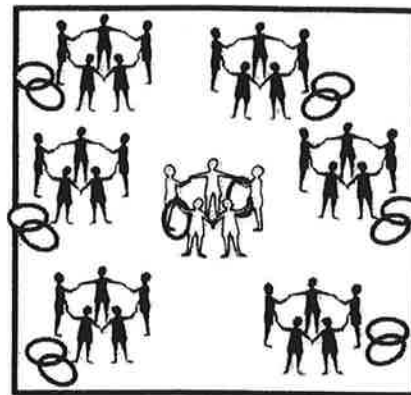
- 2 hoops per 5 players

**Set**

- Form circles of 5 players, hands joined, and scattered in area.
- Give 2 hoops to each group.

**GO!**

1. Today's activity is *Houdini Hoops* where you move a hoop around your circle without letting go of your hands.
2. I will place a hoop over 2 players' joined hands (hands join inside the hoop), so it dangles like a bracelet.
3. On signal, move the hoop around your circle by stepping and ducking through it. Remember; keep your hands joined at all times.
4. Once you are successful 1X around, add a 2<sup>nd</sup> hoop.
5. **Skill-it!**
  - Bend, twist, and turn. Talk to each other and work together.
6. **Challenges**
  - How many times can your group move the hoop around your circle in 1 minute?
  - How quickly can your group pass your hoop around the circle 2X?
7. **Move More** (*Discuss during a cool-down, while leading a stretch.*)
  - Have you ever heard of Harry Houdini? He was a talented magician from the late 19<sup>th</sup> and early 20<sup>th</sup> centuries who was famous for his ability to escape from all sorts of things. He was nicknamed the "Handcuff King." Some of his notable escapes include escaping from a locked, water-filled milk can, the Chinese water torture cell, being buried alive, and the box overboard escape.
  - How do you think someone gets so good at this type of thing?

**COOL  
COOPERATIVES****Safety First**

- Don't force a hoop to go over or under someone. Let them do it at their own pace.
- Encourage others as they try to move through the hoop.

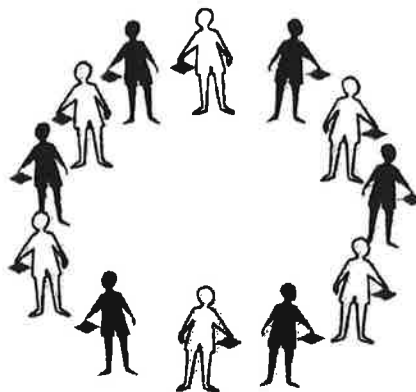
**AFTER SCHOOL**

**SPARK™****THROW FOR DISTANCE****SIMPLE  
GAMES****Ready**

- 1 beanbag per player

**Set**

- Form a circle with all players; each with a beanbag.

**GO!**

1. Today's activity is *Throw for Distance* where you use your best throwing technique and strength and throw as far as you can.
2. On signal, turn to the outside of our circle. On "Throw," throw your beanbag as far as you can. On "Go," retrieve it and return to your spot on the circle.
3. Each time you retrieve the beanbag, I will call a different locomotor skill to use as you move to retrieve it.
4. **Skill-it!**
  - Try different types of throws to see which go the farthest.
  - Transfer your weight from the back foot to the front foot to add more power.
5. **Challenges**
  - How far can you throw your beanbag?
  - How high can you throw it and still have it go far?
6. **Fitness Focus**
  - What type of fitness do you use to throw something far? (*Strength and power*)

**Safety First**

- Don't retrieve your beanbag until you hear "Go."

## SUPER SPORTS 5

## UNIT: FRISBEE

AGES: 5-14

## OBJECTIVES

Sport skill development, throwing for accuracy,  
distance

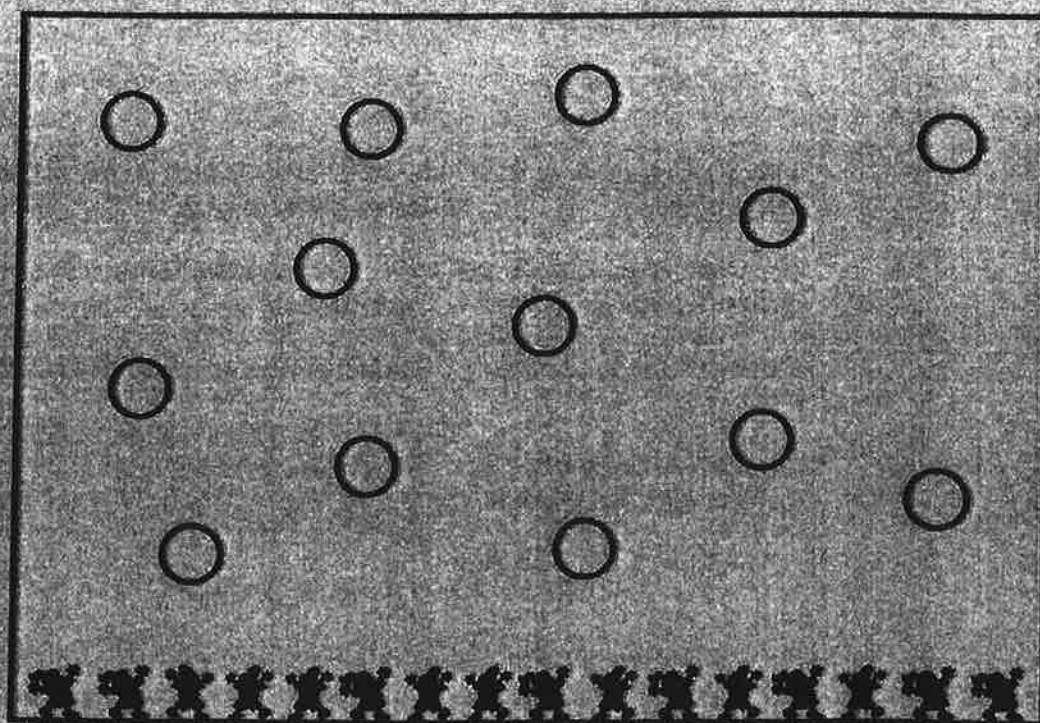

## EQUIPMENT

1 frisbee/youth\*, 10-20 hoops,  
4 cones for boundaries, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<b>-INDIVIDUAL DAY-</b>		
<b>Target Frisbee</b> <i>Diagram on back</i>	<p>-Hoops scattered on playing field.</p> <p>-<u>Individuals on a line, each with a frisbee.</u></p> <p>-For safety, all youth throw and retrieve simultaneously.</p> <p>-De-emphasize points at the end.</p> <p>*Can be played with 1 frisbee per pair, but is not as active.</p>	<p>-On "<b>THROW!</b>" youth throw frisbee to any hoop.</p> <p>-On "<b>GO!</b>" all youth <b>RUN</b> to retrieve <b>OWN</b> frisbee and <b>RUN</b> back.</p> <p>-5 points are awarded if entire frisbee remains inside the hoop.</p> <p>-3 points if frisbee remains partially in the hoop.</p> <p>-1 point if the frisbee touches the hoop but does not stop on the hoop.</p> <p>-Keep throws low.</p> <p>-Keep your own score.</p>
<b>Throw for Distance</b>	<p>-<u>Individuals on a line</u> (with the wind at their back).</p> <p>-For safety, all youth throw at same time and retrieve simultaneously.</p> <p>*Can be played with 1 frisbee per pair, but not as active.</p> <p><u>Variation:</u></p> <p>-Have youth estimate how many throws it would take them to reach a fence (or object in the distance). On <b>START</b> cue, they count their throws.</p>	<p>-On "<b>THROW!</b>" all throw and wait for signal to retrieve.</p> <p>-On "<b>GO!</b>" <b>RUN</b> after your own frisbee, count how many paces it takes for you to reach your frisbee, pick it up, and <b>RUN</b> back. Try to improve your distance on each throw.</p> <p>-Fly frisbee low if windy.</p> <p>-Keep your frisbee level (parallel to the ground).</p>



FRISBEE

**TARGET FRISBEE****EVERY STUDENT WITH A FRISBEE** = HOOP

## TRACK AND FIELD

### SAFETY, MANAGEMENT, AND LEADERSHIP HINTS

- Not all sessions in this unit are clearly classified as individual, partner, or group.
- Grass field is preferred, even for sprinting.
- Relay batons may be made inexpensively by cutting PVC pipe into 12" sections.
- Proper warm-up and cool-down is especially important in this unit.

<b>Warm-Up</b>		<b>Warm-Up</b>	
Track and Field Stretch.....	60	Shuttle Jog.....	65
<b>Sprint (From Standing Start).....</b>	<b>60</b>	<b>Shuttle Run.....</b>	<b>65</b>
<b>Sprint Start (Demo).....</b>	<b>60</b>	<b>Warm-Up</b>	
<b>Sprint Start (Practice).....</b>	<b>61</b>	Standing Long Jump.....	66
<b>5-Second Start (Practice).....</b>	<b>61</b>	<b>Standing Long Jump Challenges.....</b>	<b>66</b>
<b>5-Second Sprint.....</b>	<b>61</b>	<b>Running Long Jump Challenges.....</b>	<b>66</b>
<b>10-20 Yard Sprint.....</b>	<b>61</b>	<b>Warm-Up</b>	
<b>50 Yard Dash.....</b>	<b>62</b>	Baton Pass Walk Through.....	67
<b>Warm-Up</b>		<b>Baton Shuttle Relay.....</b>	<b>68</b>
Reverse Hurdles Stretch.....	63	<b>Warm-Up</b>	
<b>Imaginary Hurdle Practice.....</b>	<b>63</b>	Upper Body Stretches.....	69
<b>Trail Leg Practice.....</b>	<b>64</b>	<b>Partner Softball Throw.....</b>	<b>69</b>
<b>Hurdles.....</b>	<b>64</b>	<b>Softball Throw for Distance.....</b>	<b>69</b>

### EQUIPMENT NEEDS

22 cones (10-18", 12-12"), 10+ hurdle bars, stopwatch, 1 rag softball/youth, 1 baton/5 youth, 1 bean bag/2 youth, 1 marker (flag, cone, bean bag, rope, etc.)/youth, start and finish lines, whistle, music player, music



**UNIT: TRACK & FIELD****AGES: 8-14****OBJECTIVES**

Sport skill development, sprinting

**EQUIPMENT**Start and finish lines marked on field, stopwatch,  
2 cones, music/whistle

<b>ACTIVITY</b>	<b>ORGANIZATION</b>	<b>TEACHING CUES</b>
<b>-INDIVIDUAL DAY-</b>		
Warm-up: <b>Track and Field Stretch</b>	-Youth walk/jog around area for 2 minutes.  -Youth form a circle and follow leader's stretches.	<u>Stretch slowly and smoothly:</u> -Gastrocnemius (calf) stretch -Hamstrings -Quadriceps
<b>Sprint (From Standing Start)</b>	-Youth start behind a line, and sprint through "finish" line about 25 yards away.  -Repeat	-On signal, run as fast as you can through the other line.  <u>Tips for sprinting:</u> 1) Drive your knees up high. 2) With elbows bent, move your arms rapidly. 3) Lean forward. 4) Look straight ahead. 5) Do not swing your hands across the mid-line of your body.
<b>Sprint Start (Demo)</b>	-As above  -Leader or youth demonstrates sprint start.	-There are 3 commands for the sprint start:  1) <u>"Take Your Mark"</u> - Place your hands just behind the starting line. Turn hands so thumbs point in toward each other, and fingers point away. Crouch down with 1 knee touching the ground. The other knee is up (the stronger of your legs), with that foot in line with the knee on the ground.  2) <u>"Get Set"</u> - Lift hips, shift weight to hands, lift head, focus eyes 10 ft. down the track.  3) <u>"Go!"</u> - Push off front foot, keeping body low and leaning forward. Rise to full height gradually.

## UNIT: TRACK &amp; FIELD

(Continued)

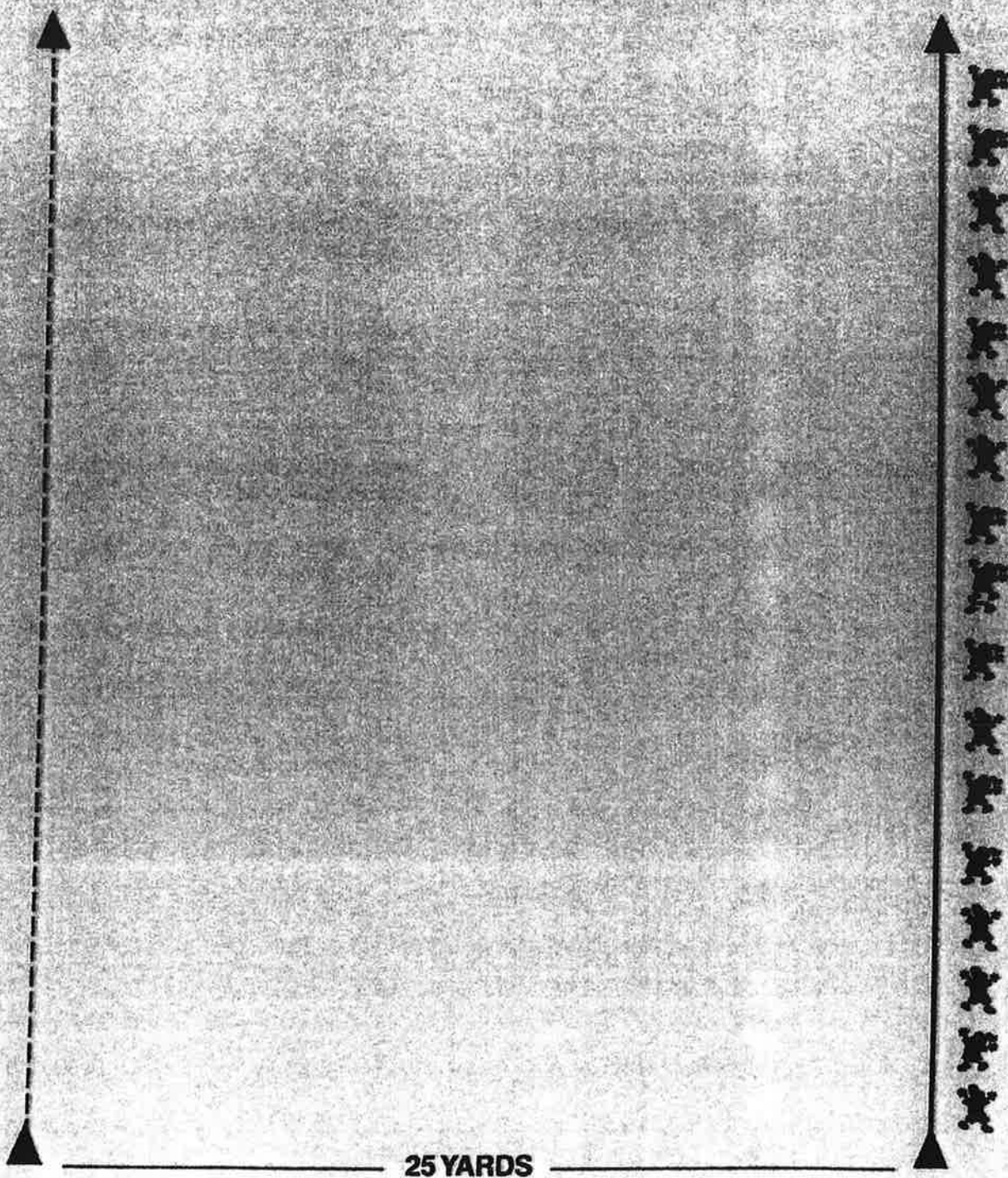
ACTIVITY	ORGANIZATION	TEACHING CUES
<b>Sprint Start (Practice)</b> <i>Diagram on back</i>	<ul style="list-style-type: none"> <li>-Participants on side or endline of the field.</li> <li>-Youth follow the commands and cues: "Runners take your marks, get set, go!"</li> <li>-Sprint about 30 paces.</li> <li>-On STOP cue, return to starting line.</li> <li>-Do 4-5 times.</li> </ul>	<ul style="list-style-type: none"> <li>-Stay low the first 4 or 5 steps. Pretend you are an airplane taking off and come up slowly. Don't be like a helicopter and fly straight up out of your stance.</li> <li>-Look ahead, not at other runners.</li> <li>-Swing arms forward and back not twisting from side to side.</li> <li>-Runners take your marks, get set, GO!"</li> </ul>
<b>5-Second Sprint</b>	<ul style="list-style-type: none"> <li>-As above.</li> <li>-Youth start and stop on leader cue.</li> <li>-Do 4 times.</li> </ul>	<ul style="list-style-type: none"> <li>-Practice the sprint start and sprint for 5 seconds only.</li> <li>-On STOP cue, stop running and walk to the other endline.</li> <li>-Try to go farther in 5 seconds than last time.</li> <li>-Runners take your marks, get set, GO!"</li> </ul>
<b>10-20 Yard Sprint</b>	<ul style="list-style-type: none"> <li>-As above.</li> <li>-Runners sprint to a line approximately 20 paces from starting line.</li> <li>-Turn around and sprint from finish line back to start line.</li> <li>-Do until time is up.</li> </ul>	<ul style="list-style-type: none"> <li>-While sprinting, lean forward and sprint <u>through</u> the finish line.</li> <li>-Runners take your marks, get set, GO!"</li> </ul>



TRACK AND FIELD

**SPRINTS**

----- = IMAGINARY LINE

**STUDENTS SPRINT FROM LINE TO LINE ON COMMAND**

## UNIT: TRACK &amp; FIELD

AGES: 8-14

## OBJECTIVES

Sport skill development, sprinting

## EQUIPMENT

Start and finish lines 50 paces (yards) apart marked on field, stopwatch, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<b>50 Yard Dash</b> <i>Diagram on back</i>		
<b>INDIVIDUAL DAY-</b>		
	-Seven or eight lines of 3-4 runners behind starting line facing a finish line 50 paces (yards) away.	-I will be timing you with my stopwatch.
	-First runner in each line races others first in line (7/8 runners at once).	-Remember to stay in your own lane and not watch the runner next to you.
	-Leader/starter stands at finish line. Call commands and start stopwatch on "Go!"	-Sprint <u>through</u> the finish line.
		-Runners: "Take Your Mark" – "Get Set" – "GO!"
		-Next runners ready!
	-Call winning time as runners cross the finish line.	
	-Start next group immediately after last runner crosses the finish line.	
	-After completing the dash, runners jog down the sides back to starting line and get ready to run again.	



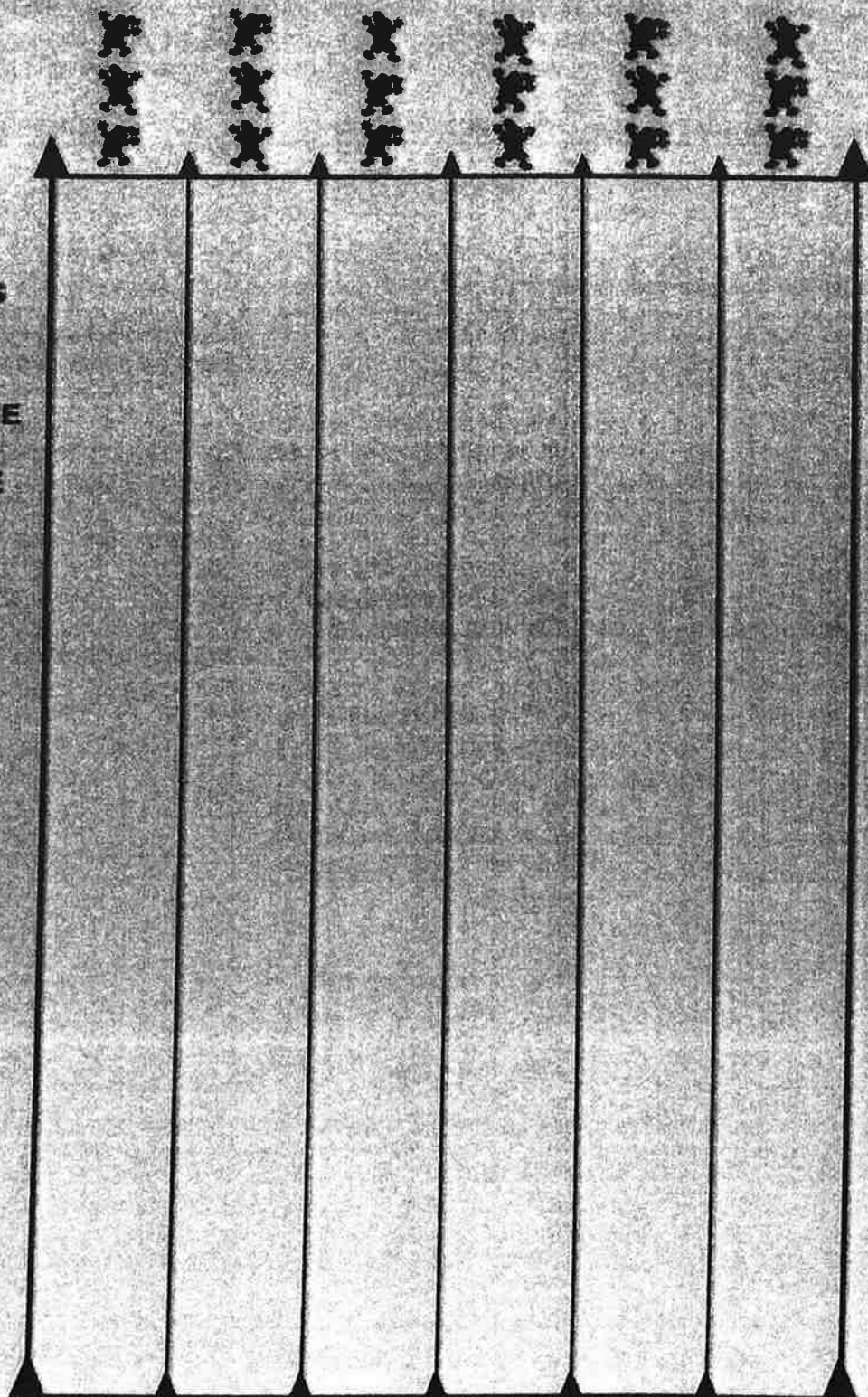
## TRACK AND FIELD

## 50 YARD DASH

**RUNNERS  
STAY IN  
THEIR LANES**

▲ = 18" CONE

▲ = 6" CONE



**UNIT: TRACK & FIELD****AGES: 8-14****OBJECTIVES**

Sport skill development, shuttle run

**EQUIPMENT**

12+ cones to mark lanes, stopwatch, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<p>Warm-up: <b>Shuttle Jog</b></p>		
	<b>-GROUP DAY-</b>	
	<b>-Youth spread out on endline.</b>	<b>-Jog slowly to line, come back to start, and repeat without stopping.</b>
	<b>-Direct youth to jog back and forth between cones (approx. 40 paces) without stopping. See diagram on back.</b>	<b>-This is a warm-up, not a race.</b>
<p><b>Shuttle Run</b> Diagram on back</p>		
	<b>-Divide participants into <u>8-10</u> even groups.</b>	<b>-Use the sprint start.</b>
	<b>-The groups form single file lines facing the endline.</b>	<b>-Stay low.</b>
	<b>-On starter's command, runners execute shuttle run. Call out the seconds for runners to hear as they finish.</b>	<b>-Change directions as quickly as you can.</b>
	<b>-Start next group immediately after the previous one finishes.</b>	<b>-Touch the ground with your hand at the far line.</b>
		<b>-Run <u>through</u> the finish line.</b>
		<b>-Try to beat your previous time.</b>