



101
FUN
PE GAMES

The logo features the number '101' in orange with a halftone pattern, 'FUN' in blue with a halftone pattern, and 'PE GAMES' in pink with a halftone pattern. A soccer ball icon is positioned to the right of the '101' and a basketball icon is to the left of 'FUN'. The entire logo is set against a black, cloud-like background with orange spikes.



TRACK &
FIELD GAMES

The text 'TRACK & FIELD GAMES' is written in a bold, purple, sans-serif font with a white outline. It is centered within a large, white, cloud-like shape with a black outline and orange spikes. The background consists of light gray diagonal lines radiating from the center.

FOCUS



ENDURANCE



GROSS MOTOR

GROUP SIZE

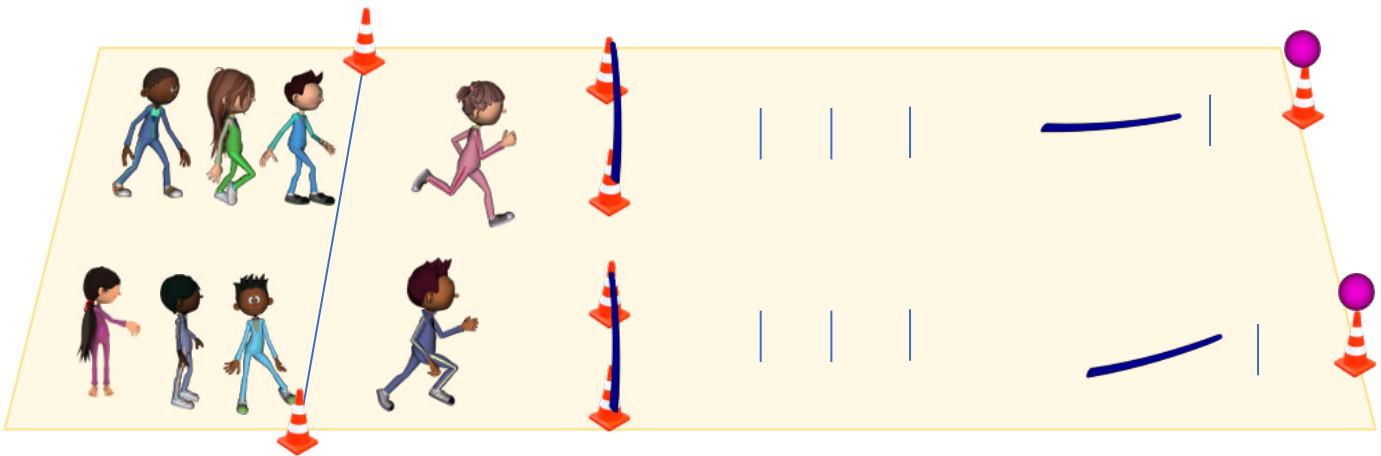


EQUIPMENT

8 cones, 4 pool noodles, floor tape, 2 balls

SETUP

You can do this as a relay race or have the kids compete against each other individually. Use cones to mark start and finish lines. Each team should have 2 cones with a pool noodle balanced on top, 3 jumping lines, a throwing noodle, and a ball balanced on the end cone as shown in image below.



INSTRUCTIONS

1. On 'go' the first child must run and jump over a pool noodle hurdle.
2. Next, they must long jump to three consecutive lines on the floor, touching each one with their feet.
3. Once complete, they pick up a pool noodle and javelin toss it towards a ball balanced on top of a cone. They must knock it off the cone or throw it 3 times, whichever happens first.
4. Next, they must sprint back to the next student in line. On their way back, they must fix any parts of the obstacles they may have misplaced or moved.
5. Once they get back to the start line, the next child must start the same process.

MAKE IT EASIER

- Use smaller cones to jump over, shorten the distance of the toss for the pool noodle.

MAKE IT HARDER

- Use larger cones to jump over, lengthen the distance of the toss for the pool noodle.

FOCUS



ENDURANCE



GROSS MOTOR

GROUP SIZE

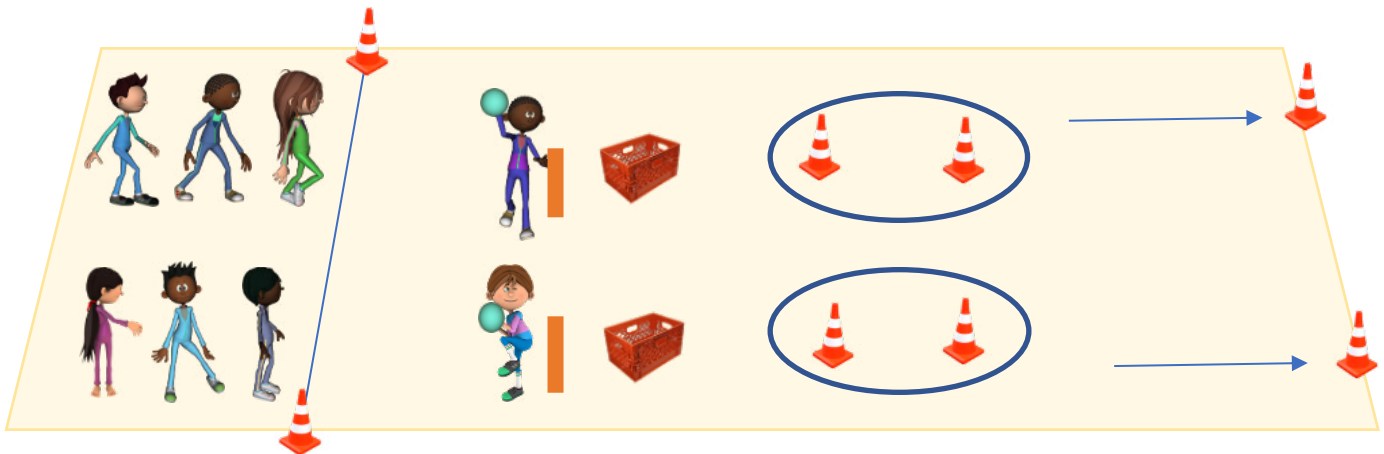


EQUIPMENT

8 cones, 2 milk crates, 2 balls, floor tape

SETUP

You can do this as a relay race or have the kids compete against each other individually. Use cones to mark start and finish lines. Use floor tape to mark 'shot put' throwing line along with a milk crate nearby to toss the ball into. Use two cones to mark off jogging area.



INSTRUCTIONS

1. On 'go' the first student sprints to the milk crate and takes out the ball. They proceed back to the tape on the floor and then 'shot put' the ball into the milk crate until it goes in.
2. Next, they go to the 'marathon' area and jog 5 laps around the 2 cones.
3. From there, they must 'sprint' around their cone and run back to the start link.
4. Once they get back to the start line, they go to the end of the line as the next child in line starts the same pattern. The first team to finish wins.

MAKE IT EASIER

- Shorten the distance you have to throw the shot put as well as decreasing the number of laps the children have to jog.

MAKE IT HARDER

- Increase the distance the children have to throw the shot put as well as increasing the number of laps they have to run.

FOCUS



ENDURANCE



GROSS MOTOR

GROUP SIZE

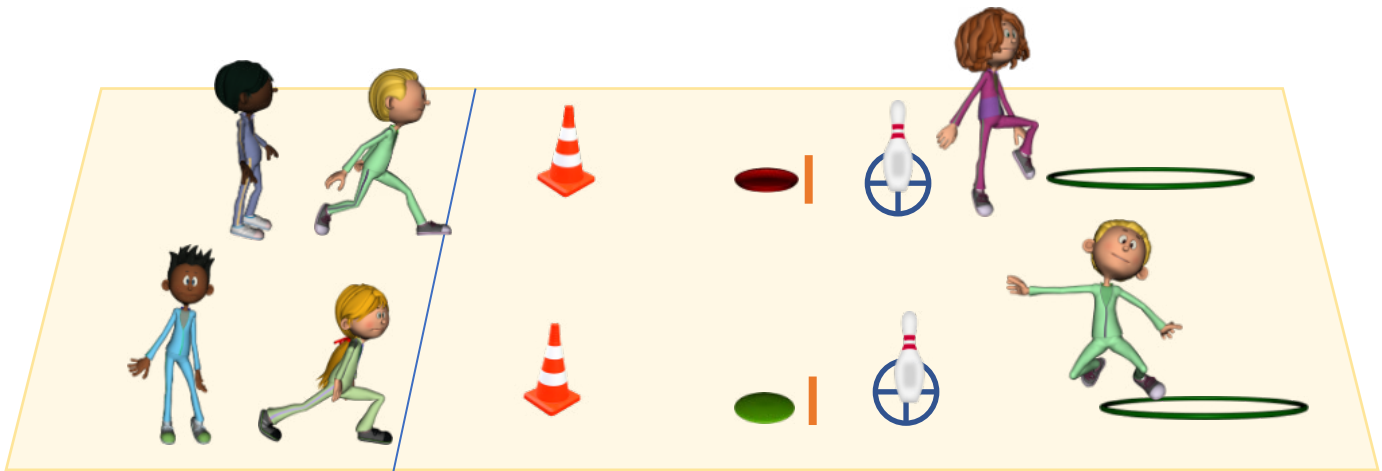


EQUIPMENT

2 cones, 2 Frisbees,
2 bowling pins, 2 hula
hoops

SETUP

You can do this as a relay race or have the kids compete against each other individually. In order, each team should have in front of them a cone, followed by a Frisbee, bowling pin, ending with a hula hoop (as shown in image below). The instructor will decide how far to spread out the equipment.



INSTRUCTIONS

1. On 'go' the first child in line must high jump over a cone, run and pick up the discus and throw it at a bowling pin, knocking it down.
2. If they miss, they must pick it up and try again. Either knock it down or 3 attempts, whichever happens first.
3. Once the pin is knocked down, they must hop, step and jump into a hula hoop.
4. Once complete, they must quickly replace everything that has moved and place it in the correct locations for the next child to go. The first team to complete the race wins.

MAKE IT EASIER

- Use a lower / smaller cone for the children to high jump.

MAKE IT HARDER

- Use a higher / taller cone for the children to high jump over. You may want to consider placing a small gym mat on the floor where they jump.

FOCUS



ENDURANCE



GROSS MOTOR

GROUP SIZE

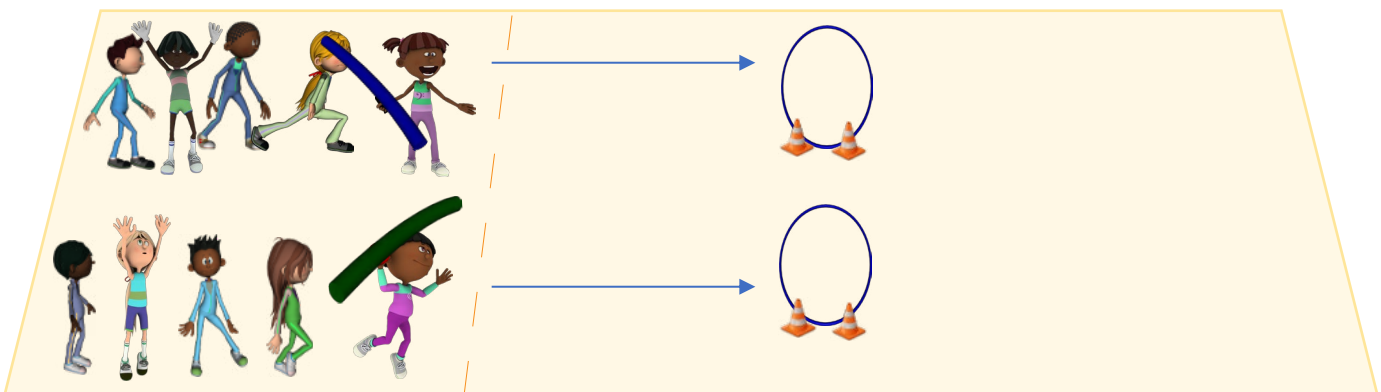


EQUIPMENT

Cones, hula hoops, pool noodles

SETUP

You can do this as a relay race or have the kids compete against each other individually. Create a hula hoop target for each team by hanging the hoop from a basketball hoop, placing it against a wall, or using 4 cones to stand it up on the floor.



INSTRUCTIONS

1. On 'go' the first child in line will throw their pool noodle like a javelin at their team's hula hoop.
2. Their objective is to get the noodle through the hoop.
3. After they throw their pool noodle, they must retrieve it and bring it to the next child in line who follows the same pattern.
4. The first team that gets 10 points (javelin through the hoop) wins the round.
5. When the round is complete, try it again.
6. Students must stay behind the throwing line when taking their turn.

MAKE IT EASIER

- Shorten the distance the kids have to throw the pool noodle.

MAKE IT HARDER

- : Increase the distance the kids have to throw the pool noodle.