Month : AUGUST

Theme: Competition: Lesson 29A T & F

**I. Objective of lesson:**

1. Experience track and field activities

2. Stay active and healthy

3. Build relationships with peers

**II. Activities and Key learning points:** Time: 30 min

Red (Center based program)

1. In a large area (gym) set up 10 cones in a line (3-5 feet apart)
2. Have recipients position themselves to watch a demonstration
3. Demonstrate weaving back and forth in-between cones (assist as needed)
4. Allow time for everyone (might have more than just one line of cones) to practice starting at the start line and reach the finish line
5. Once practice is complete, separate into teams and have relay races (use caution/no running with wheelchairs).
6. Reinforce participation

Blue (Center/community based programs)

1. In a large area (gym) set up 10 short hurdles (3-5 feet apart in a large circle)
2. Have recipients position themselves to watch a demonstration
3. Demonstrate fast walking up to the short hurdle and stepping over it and then to the next. Emphasize safety.
4. Allow time for everyone (might have more than just one line of hurdles) to practice starting at the start line and reach the finish line
5. Once practice is complete, separate into teams and have relay races (use caution) have recipients stand in a line waiting for their turn.
6. Reinforce participation

Green (Community Based)

1. In a large area (gym) set up 15 short hurdles (3-5 feet apart in a large circle)
2. Have recipients position themselves to watch a demonstration
3. Demonstrate fast walking up to the short hurdle and stepping over it and then to the next.
4. Allow time for everyone (might have more than just one line of hurdles) to practice starting at the start line and reach the finish line
5. Once practice is complete, separate into teams and have relay races (use caution) Have recipients stand in line waiting for their turn.
6. Reinforce participation

Supplies needed

1. Cones (40)
2. Short hurdles (40)

Feedback on Lesson what went right/wrong?

1.

2.

3.

Tips on signing ideas:

Jump

