Month : AUGUST

Theme: Competition: Lesson 31B Community #3

**I. Objective of lesson: Track and field experience**

1. Individual and team competition concepts

2. Enhance relationships

3. Stay active and healthy

**II. Activities and Key learning points** Time: 1:30-2:00 hrs

Red (Center based program)

1. Prepare for the game: material/water/health needs /sport chairs
2. Meet at the assigned track (other programs will be joining)
3. All red teams should gather at the 200 yard line
4. Complete basic stretching
5. Compete with cone race (see lesson plan #5) Record times
6. Compete with Frisbee throw (see lesson plan #6) Record distances
7. Award ceremony for top three individuals in each event.
8. Highly praise

Blue (Center/community based programs)

1. Prepare for the game: material/water/health needs /sport chairs
2. Meet at the assigned track (other programs will be joining)
3. All blue teams should gather at the 300 yard line
4. Complete basic stretching
5. Compete with hurdle race (see lesson plan #5) Record times
6. Compete with Frisbee throw (see lesson plan #6) Record distances
7. Award ceremony for top three in each event.
8. Highly praise

Green (Community Based)

1. Prepare for the game: material/water/health needs /sport chairs
2. Meet at the assigned track (other programs will be joining)
3. All red teams should gather at the 400 yard line
4. Complete basic stretching
5. Compete with hurdle race (see lesson plan #5) Record times
6. Compete with Frisbee throw (see lesson plan #6) Record distances
7. Award ceremony for top three in each event
8. Highly praise

Supplies needed

1. Cones
2. Frisbee
3. Hurdles
4. Discus
5. Timer
6. Ribbons (awards)
7. Tape measure

Feedback on Lesson what went right/wrong?

1.

2.

3.

\*\*\*\*\*All gather at the 100 yard line total up team points. Team with most points wins event

Add up the red, blue and green. (Chili might have people in each color. Add all points they might have won regardless of the color)

Scoring:

1st place = 5 points

2nd place= 3 points

3rd place= 1 point

Example:

Red: Chili won 2nd in the cone race. 3 points

Chili won 3rd in the Frisbee toss. 1 point

Blue: Chili won 2nd in the discus throw. 3 points

Green: Chili won 1st in the hurdles. 5 points

**As a team, they are awarded 12 points**

Red: elmgrove won 1st in the cone race 5 points

Blue: elmgrove won 1st in the discus throw. 5 points

Green: Elmgrove won 3rd in the hurdles 1 point

Elmgrove won 2nd in the discus throw 3 points

**As a team, they are awarded 14 points**