

# Tiny Tots HDLAC Program#

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## Tiny Tots - Relay Games Wk 9; Wk 15

### 8:15-8:35am GROUP INTRO GAME

#### TEN PIN JUMP (MILD DODGE BALL) - *Jumping coordination*

Children stand between the witches hats that make a square, "standing in the lane", all facing where the balls will be rolled from. Roll the bowls down the "lane" and get them to jump over it, and without jumping past the hats. Start with 1 or 2 balls. Use other styles such as:

- 1) Roll as many balls as fast as possible at them.
- 2) Rolls balls down lane and get them to hop on one leg over them
- 3) Roll balls down land and get them to stand in a tunnel ball position.

#### **ROLL CALL**

Children moved into their 4 groups, but stay as 1 group, but knowing their groups makes it easier for a couple of activities

### 8:35-9:35am RELAY GAMES

(3 different activities approx. 15 minutes - plus 3 drinks breaks,  
1 between each activity for 5 mins each)

#### ACTIVITY 1 - UP AND BACK RELAYS

Children line up in their lanes behind each other. The race starts with first child running to the marker, going around, and returning with a "high five" to the next child in the line, then they begin their turn. Continues until completed the whole line. Work through the following alternatives:

- 1) Normal running
- 2) Jumping
- 3) Crawling
- 4) Hopping
- 5) Baton run

#### ACTIVITY 2 - TRIANGULAR RELAYS

Markers are set up to form a triangular course. Teams 1 & 2 line up at the bottom centre of the triangle (Teams 3 & 4 cheer). Race starts with first 2 runners of each team run around markers (opposite direction to each other), then get back with a "high five" to the next child in their team line. Continues until completed the whole team. Swap for Teams 3 & 4. Work through following alternatives:

- 1) Normal running
- 2) Jumping
- 3) Baton run

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## **ACTIVITY 3 - SHUTTLE RELAYS**

Children get into their lanes, then split the team in half, with half the team going to the other end of the relay lane. These are normal relays - child runs to other end, "high fives" child at end, who runs back to the other. Continues until completed the whole line. Work through the following alternatives:

- 1) Normal running
- 2) Jumping
- 3) Crawling
- 4) Hopping
- 5) Baton run

**9:35-9:40am GROUP COOL DOWN**

### **STRETCHES**

We will do some stretching and light movement just to wind down from all the running.

**9:40-9:45am ENCOURAGEMENT AWARDS & PHOTOS**

**EQUIPMENT NEEDED** – Whistle, Balls, Witches Hats, Relay Batons.