

Tiny Tots HDLAC Program#

Tiny Tots - Running

Wk 3; Wk 6; Wk 11; Wk 16; Wk 20

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

BUSY BEES GAME - *Listening, running, coordination*

A giant square area will be set out, and all the children need to stand within this area. They then need to do a slow run, or run on the spot within the square, not touching anyone else. When the whistle blows everyone must freeze, and wait for the action to be called out and everyone does that action. Blow the whistle again and we start to run again (Tiny Tot's Running version of "Simon Says")

ROLL CALL

Children moved into their 4 groups and leaders explain next activities.

8:35-9:40am **RUNNING ACTIVITY STATIONS**

(4 stations rotated every 15 minutes -
after 2 stations we will have a drinks break for 5 mins)

Whistle will blow for the change

STATION 1 - TINY TOT RELAY - *Staying in the lanes, taking turns*

These are teaching running relays with the main aim of teaching to stay between the lines. Have the children line up next to each other in line with the lanes, at both ends of the set out lanes, and also behind each other to run, preparing for "teamwork". Have them run to the other end holding onto the "batons" and hand them over.

Get Parent involvement to keep the flow happening!!!

If the lane seems too long for the younger ones, move the start line to where it seems appropriate.

STATION 2 - BALL & SPOON RACES (EGG & SPOON) - *Running Coordination*

Split your group into teams, with children at each end of the marked out lanes. At one end they start with the spoon and ball, and then have them run to the other end and swap. Start out slow and they have to get faster.

Keep it basic at first, then if there is enough time, then put them all at one end in teams, put witches hats at the other end, and have them run from one end, around the hat, and back to the team and switch the spoon and ball.

This will need parent involvement at both ends of the lanes.

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STATION 3 - HOOP DASHES - *Foot and eye coordination*

This station will have a lot of hoops available (different sizes) - starting in a circle start slow and then get the children to go faster, to a point of running by just putting their feet **ONLY** in the hoops, not outside.

Split the group up into teams, with children and each end of the hoops (which you now put in rows), running in each hoop to the end of the row, tagging the next children to run.

Keep changing the shapes, circle, squares, rows, snake lines - slow, fast (it's OK if you want to include some jumping activities to keep the flow)

STATION 4 - BEAN BAG DASH - *Running and coordination*

In the middle of the square (set up for intro game) there will be the box of bean bag animals. Split your group into 4 teams, so there is one team in each corner. On ready, set, go, get one of each team to run in, grab a bean bag animal, run back to their corner and the next person goes until they have gone through their whole team.

Once you have gone through the team once, put all the bean bag animals back in the box, and start again, but change it - this time they have to run take the animal out, and put on their head, and go back to their team.

Get the parents involved to help coordinate the lines. Keep changing the way they bring it back - balance on their foot, head, elbow.

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

EQUIPMENT NEEDED – Whistle, Batons, Witches Hats, Balls, Spoons, Hoops, Bean Bag Animals, Line Markers