

Activity Presentation
Eugene F. Asola, Sonya Sanderson, & VSU HPE Major Students
Share The Wealth-GAHPERD 2015 (Jekyll Island)

Presentation Title: Catch Them Young with Modified Track and Field Activities.

Abstract

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This presentation is intended to assist physical education teachers with various techniques that can be used to teach modified track and field activities to elementary age students. Physical inactivity has been identified as the fourth leading risk factor for global mortality. A study by the World Health Organization (WHO) in 2009 estimated that physical inactivity accounted for roughly 6 percent of global deaths in 2004; which is equal to about 3.2 million deaths that year. Subsequently (WHO, 2015) recommends at least moderate to vigorous intensity of 60 minutes of daily physical activity for young children. Since physical educators can make an impact on the physical activity levels of children, it is vital for quality physical education curriculums to consider including modified track and field activities. Research has shown that healthier students are better learners and that physical activity can improve students' academic achievement, as well as other factors that influence academic success in school (Basch, 2010; Trudeau & Shephard, 2008; Active Living Research, 2007). During this presentation participants will be taken through various modified track and field activities (such as; progressive endurance race, sprints/hurdles, shuttle/slalom relay race, obstacle run, jumps and throws) with emphasis on the pedagogical sequence and activity appropriateness for different age groups.

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Friday January 22, 2016
9:15am-10:05am

Warm-up with stretches

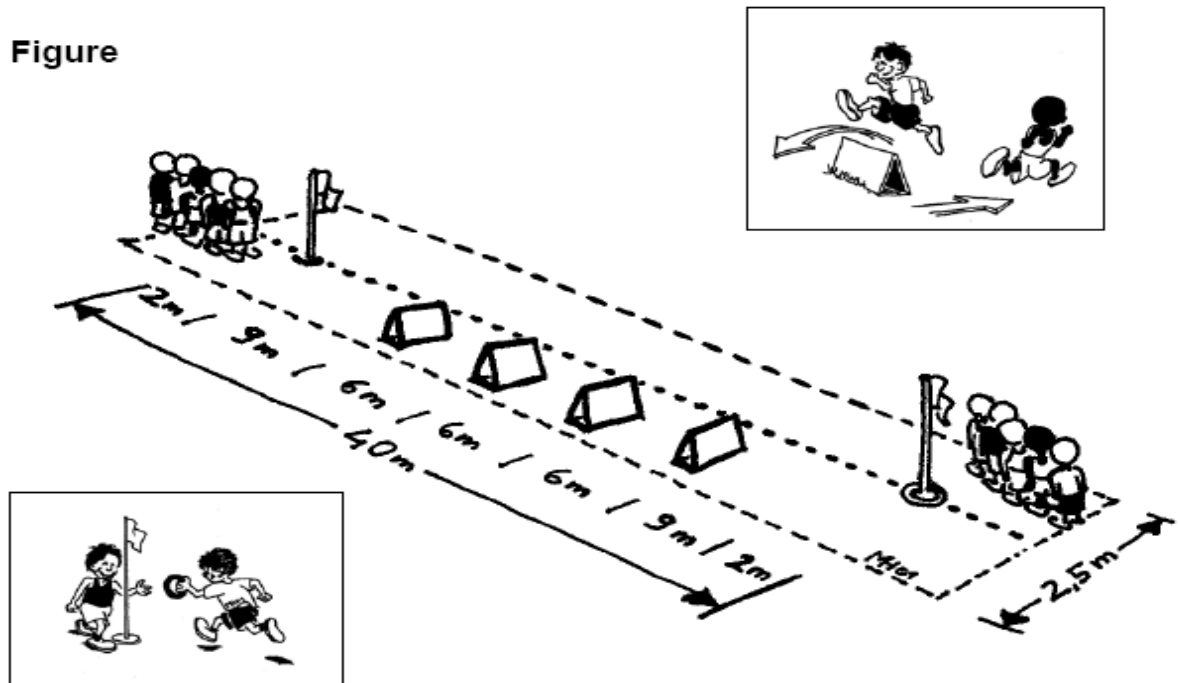
Brief introduction to planned activities. Presenters will take participants through pedagogically appropriate teaching sequences on this activity appropriate for ages 7- 10 and 10-12 years

The objective of IAAF Kids' Athletics is to provide many opportunities for large numbers of students to be active while experiencing different movement patterns appropriate for different age levels. We as physical educators also find these activities being exposed to kids at a younger age will improve their skills and coordination for the future.

1. Sprint/Hurdles Shuttle Relay

Brief description: Shuttle relay of combined sprint and hurdle distances. Two lanes are created as in the figure below for each team: one lane with and the other lane without hurdles. The first distance is the hurdle distance and then the team members run the sprint distance as a regular relay. The event is completed once each team member has run both sprint and hurdle distances. The relay is conducted so that the changeover is made with the left hand using a rubber ring. The winning team is the one with the best time. The next teams are ranked according to their finishing time. Teams could try to beat their own time by repeating same activity again.

Figure

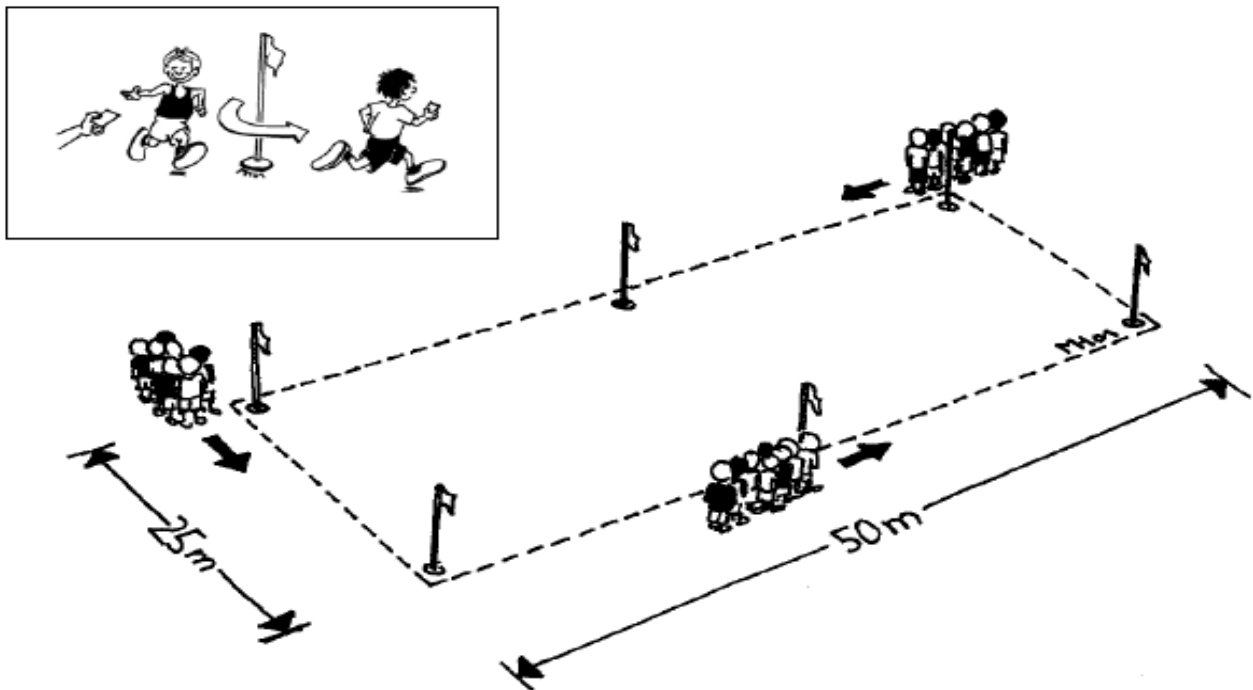


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2. “Endurance” Race

Brief description: Eight-minute race using a course that is about 160 yards (Can be modified). Each team has to run around the course (see figure below) from a starting point. Each team member tries to run around the course as often as possible in 8 minutes. The start command is set for all teams at the same time (by blowing a whistle or mouth command). Each member of the team starts with one card (ball, piece of paper, cork or similar) which he/she has to take back to his/her team after each completion of a round on the course, and before starting again, he/she takes a new card or similar item, and so on. After 7 minutes, the last minute is announced by another blow of a whistle or mouth. After 8 minutes the completion of the run is indicated by a final signal. All participants hand the collected cards/items to the teacher who counts them for scoring. Only completed rounds are counted to determine the winner.

Figure

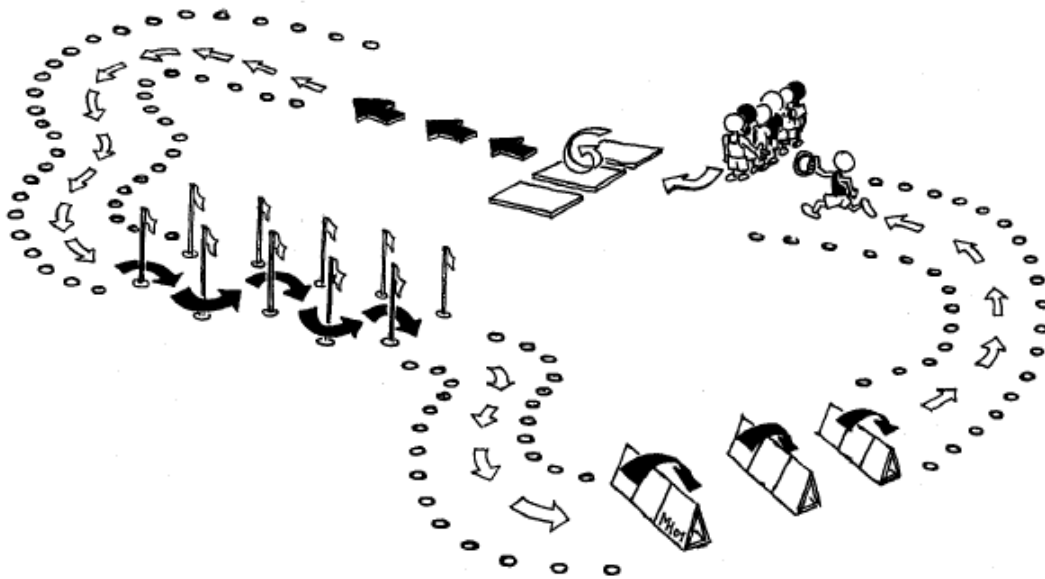


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3. **Formula One (Sprint-, Hurdles- and Slalom Relay:**

Brief description: Relay as a combination of flat-, hurdles- and slalom-sprint. The distance is about 60 yards or 80 yards long and is divided into one area each for flat sprinting, for sprinting over hurdles and for sprinting around slalom poles (see figure below). A soft ring is used as the relay baton. Each participant has to start with a forward roll on the tumble mat. The “Formula-One” is a team event in which each team member has to complete the full course. Up to six teams can compete at the same time on one course with time keepers. The winning team is the one with the best time. The next teams are ranked according to their finishing time.

Figure



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4. Forward Squat Jumps

Brief description: Two feet forward hops from a squat position. From a starting line the participants carry out a “frog-jump” one after another (“frog-jump“: two feet forward squat jump). The first participant of the team stands with the tips of the toes at the starting line. He/she then squats down and jumps forward as far as possible, landing on both feet. The teacher marks the landing point that is nearest to the starting line (heels). If a participant falls back on the landing point of his/her hand for example it’s the one marked. The landing point, in turn, becomes the starting line for the second jumper of the team, who carries out his/her “frog-jump” from there. The third team-mate jumps from the landing point of the second one, and so on. The event is completed when the last member of the team has jumped and that landing point is marked.

The entire procedure is repeated a second time (second trial). The total distance of all jumps is the team result. The team scoring is based on the best result of two trials.

Figure

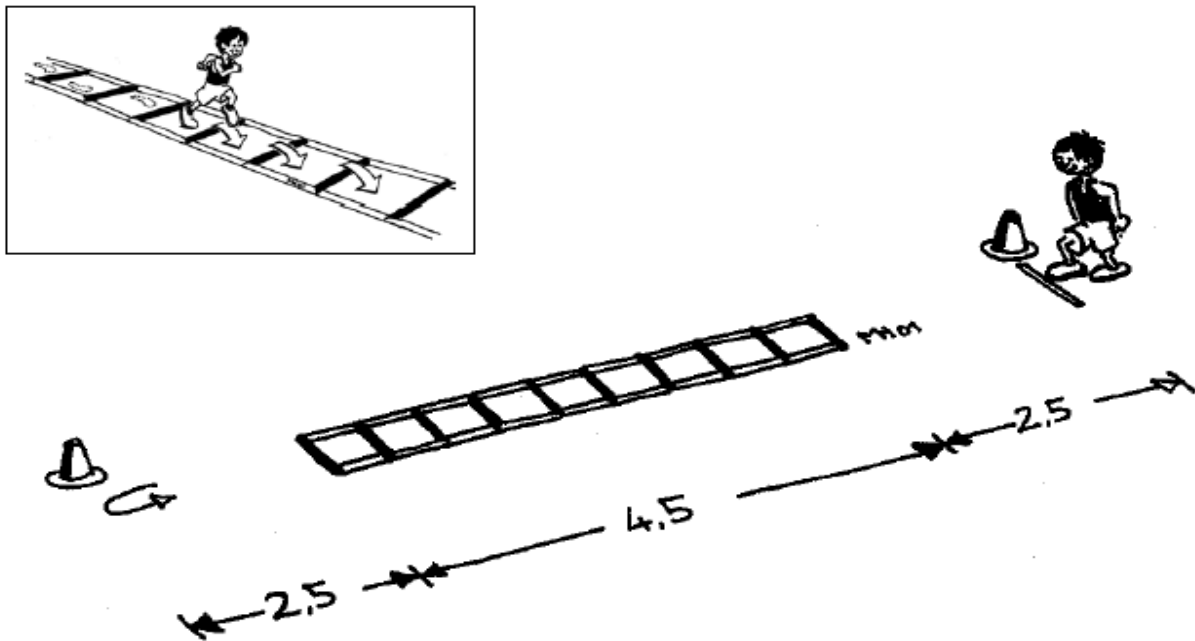


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5. Speed Ladder

Brief description: Running up and back through a ladder. Between two marker cones at a distance of 10 yards apart, a coordination ladder is placed on the floor at equal distance between the cones (See figure below). At the start the participant stands in a striding position (standing start) with the tip of his/her toe at the starting line that is level with the first cone. After a starting command the participant runs to the ladder, steps/runs through the ladder (distance between the wedges) as quickly as possible and runs to the second cone. After having touched the cone with his/her hand, the participant turns quickly and runs back through the ladder to the first cone. When touching this cone the timekeeper stops the clock. If a participant leaves out an area of the ladder or jumps over it, the distance is extended by 1 yard at the appropriate next cone (one person is positioned at each cone). In this way the participant is penalized by having to run a longer distance if the task is not done properly. If two mistakes are made, the distance is extended by 2 yards and so on.

Figure



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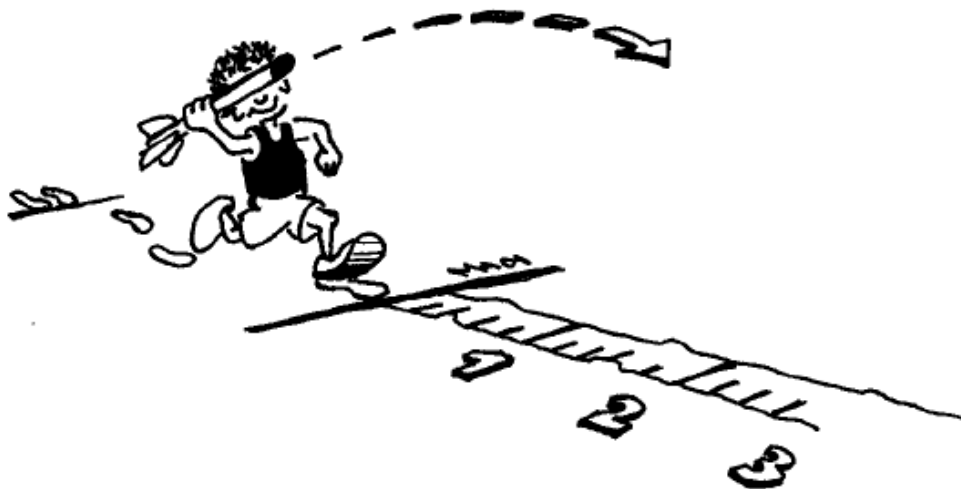
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6. Kids' Javelin Throw

Brief description: One-armed throws for distance with a Kids Javelin. The Kids Javelin throw is carried out in a 6 yard area. After a short run-up the participant throws the javelin into the throwing area from a foul line (Age Groups I and II throw soft-javelins, while Age Group III throws the TURBO-JAV). Each participant gets two trials.

Safety Note: As safety is critical in the Kids-Javelin Throwing competition, only assistants are allowed to be in the throwing (landing) area. It is strictly prohibited to throw the javelin back to the foul line. Each throw is measured at 90° (right angle) to the foul line and recorded in 20inches intervals (taking the higher figure where the landing is between the lines). The better of two trials of each team member contributes to the team total.

Figure



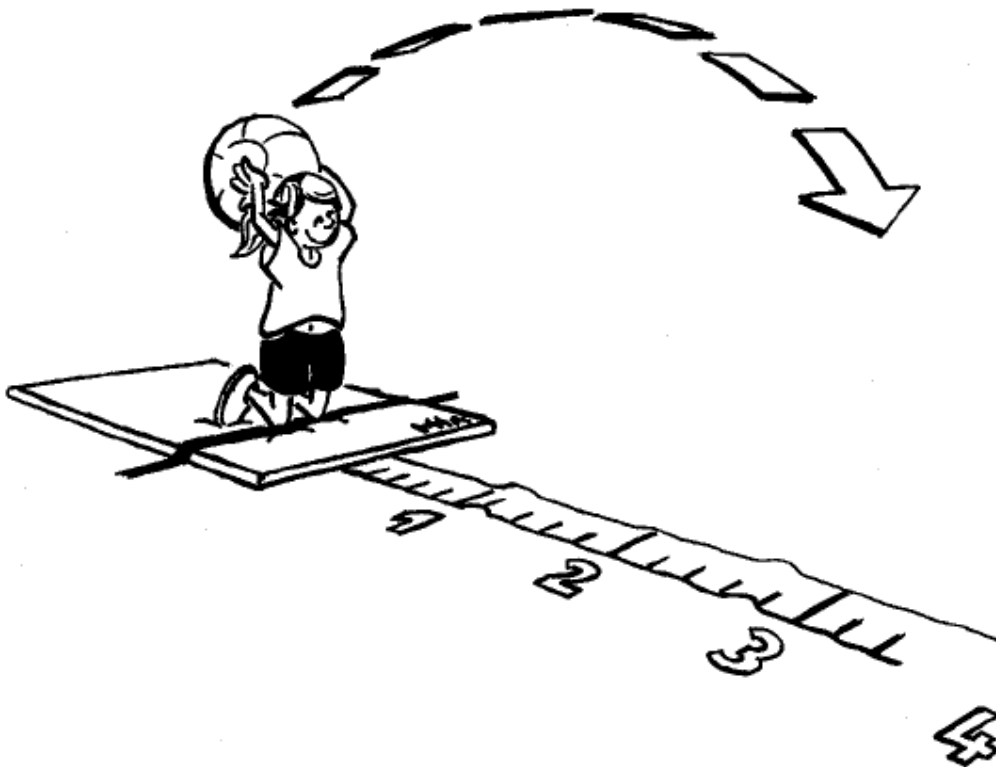
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7. Knee Throw

Brief description: Two-handed medicine ball throwing for distance from a kneeling position. The participant kneels on a mat (or some other type of soft surface) in front of a raised, soft object (e.g. soft tumble mat or foam mat). The participant then leans back (pre-tensing the body) and heaves the medicine ball (1kg) using a two-handed over-head forward throw for maximum distance while kneeling. After having thrown the participant may fall forward onto the soft, raised cushion that is in front of him/her. Each participant gets two trials. The measurement is recorded in 20inch intervals (taking the higher figure when the landing happens between the lines) and is taken at 90° (right angle) to the foul line. The better of the two trials of each team member is the one that is included in the team total.

Safety Note: The medicine ball should never be thrown back to the participants. It is advisable to carry it back or to roll it back to the foul line for the next thrower.

Figure



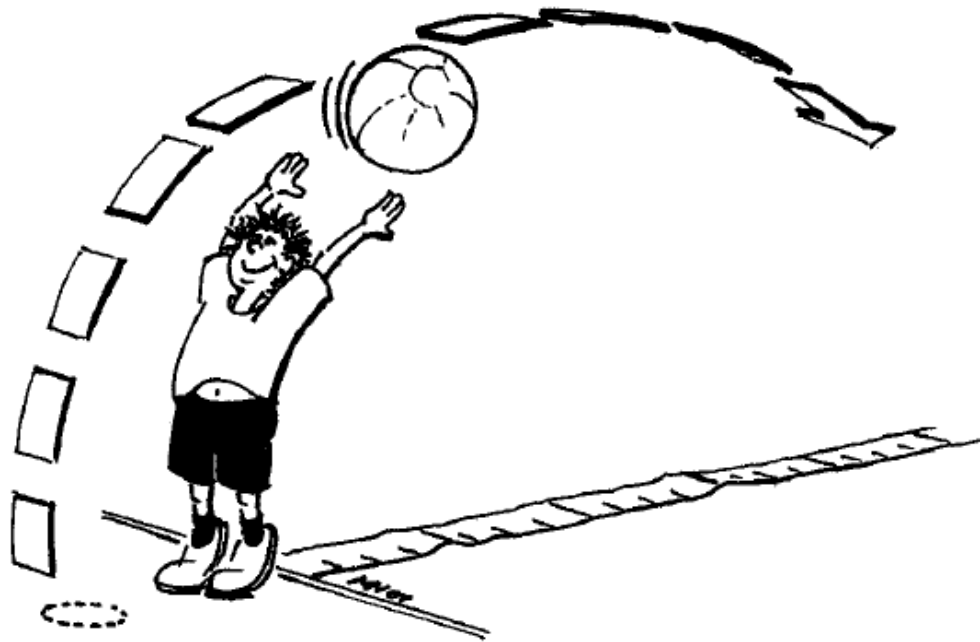
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8. Overhead Backward Throw

Brief description: Overhead backward throwing for distance with a medicine ball. The participant stands with legs parallel, heels on the foul line and back to the direction of the throw. The medicine ball is held down at arms' length with both hands. The participant then squats down (to pre-tense the thigh muscles) and quickly extends the legs, then the arms in order to heave the medicine ball backward over the head for maximum distance into the throwing area. After the throw, the participant may overstep the foul line (i.e. step backward). Each participant gets two trials. The measurement is taken at 90° (right angle) to the foul line and recorded in 20inches intervals (taking the higher figure when the medicine ball lands between intervals). The better of two trials of each team member contributes to the team total.

Figure



Source: IAAF KIDS' ATHLETICS - A Practical Guide

Note: All activities can be modified according to local conditions/content and the availability of equipment.

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Recommended Activities by Age Group (Years)	7-8	9-10	11-12
<i>Sprinting/Running Events</i>			
Sprint/Hurdles Shuttle Relay	X	X	
Bends Formula: Sprint/Hurdles Running			X
Bends Formula: Sprint Relay			X
Sprint/Slalom		X	X
Hurdles			X
Formula One (Sprint-, Hurdles- and Slalom Running)	X	X	
8' Endurance Race	X	X	
Progressive Endurance Race		X	X
<i>Jumping Events</i>			
Pole Long Jumping		X	X
Pole Long Jumping over a sand pit			X
Rope Skipping	X		
Short Run-up Triple Jumping			X
Forward Squat Jumping	X	X	
Cross Hopping	X	X	X
Short Run-up Long Jumping			X
Ladder Running	X	X	
Triple Jumping within a limited area	X	X	X
<i>Throwing Events</i>			
Target Throwing	X	X	
Teens Javelin Throwing			X
Kids Javelin Throwing	X	X	X
Knee Throwing	X	X	X
Teens Discus Throwing			X
Overhead Backward Throwing		X	X
Rotational Throwing		X	X
Total events recommended	8	9	10

Source: IAAF KIDS' ATHLETICS - A Practical Guide