

Pine Tree State Track & Field Games

Summer Camp Lesson Plans

Day 1

Introduce: 50m, 100m, 400m running events and standing long jump field event to participants.

*If you have 13-14 year old's in camp add the 1600m.

Break group up evenly into groups if you have a lot of participants. Depending on how many camp counselors you have depends on how many groups. Each Camp counselor can be designated to a specific event to introduce, or they could stay and rotate with the group if they feel comfortable introducing each event. Your choice! If large groups, could be done at 2 separate times during the day with another camp activity to reduce numbers.

Take about 10-15 minutes with each group depending on your schedule.

Group 1 – 50m - Start with Intro to 50m and have group run it. You can do this on any field or track. Use cones for start/finish if necessary. Everyone goes back to where they started and now runs 100m. (either all as a group or small groups depending on where you are doing it and space)

Group 2 – 400m - Start with 400m and run it. You can also do this on a field. Even if you have to run to one end of a soccer field and back to get the 400m distance.

Group 3 – Standing Long Jump - Have participants start on a line, swing their arms and jump as far as they can.

Game: Have them all take 5 standing long jumps one after another. Who travelled the furthest?

Group 4 - If you have 13-14 year old's in camp, introduce 1600m run to them. This is the only age category for this event. Have them run it!

Game Ideas: End the day's lesson with a game of Sharks and Minnow's or a Tag Game.

Day 2:

Introduce: 200m, 800m, 4x100m relay running events and Softball Throw.

Take about 10-15 minutes at each station.

Group 1 – 200m - Start with Intro to 200m and the group run that distance. You can do this on any field or track. Use cones for start/finish if necessary. Maybe have some runner's start in front of another runner and challenge them to catch the runner in front of them.

Game: Fox and Hound (one group starts to run, the second group behind them tries to catch them. Then the Fox's and Hounds' switch and run again.

Group 2 – 800m - Start with 800m and have group run/jog. It may be on a track or it may be around a soccer field etc. You may do this event with a *Caterpillar* method and have participants jog while the last in line sprints to the front. Counselor can use a whistle to start the sprinter.

Group 3 – Softball Throw - Start with introducing softball throw. Have participants throw from the same line out into a field. Have them all throw 3 softballs then everyone retrieves they're softballs at the same

time. Maybe set some targets for them to try and hit. Explain they can run or crow hop to throw. Set up a line so they learn not to go over that line.

Group 4 - 4x100 Relay - Explain how many runners it takes to make up a relay. Pass the baton around so participants know what it feels like. Show how to exchange the baton and the area that the exchange has to be accomplished in. Stand 4 in a line facing the same direction. Last person starts with baton. Light jog, hand to person in front of them. Continue until all have received it. Do this several times. Then set up distance between. Even 10-15 yards and have them sprint and hand off.

Game Ideas: End the lesson with different tag games, line tag, rock paper scissors etc.

Form: Hand out a registration form with all events listed on it to the participants to circle 3 events that they like best. Remind them they can do 2 running and 1 field or 2 field and 1 running. (*Relay team does not count against those events. Teams should be formed that know they will be at the meet together*).

* IMPORTANT: Camp Counselors will need to collect forms and place participants in events for days 3 & 4.

Day 3 & 4

Split participants up into the events that they want to compete in. Should have a list from the day before. Have them spend about 15 minutes at each event and rotate through their events. Suggestion would be to have 1-2 staff members teaching each event. If not enough staff, only do 2-3 events at a time. See events list and practice ideas below.

50m participants

1. Teach how to start at the line – body positioning
 - a. No starting blocks. Standing position
 - i. Opposite hand and foot forward
 - ii. Weight is on front foot
2. Teach when to start – use whistle if no start gun
3. Teach to stay in lanes (set up cones for lanes or paint them)
4. Teach to run hard through the line. Have a cone or staff member beyond the finish line for them to run to. High five the counselor.
5. Teach to run looking straight – not at other runners
6. Teach how to pump arms, lift knees etc.
7. Practice Ankling. (flexing the ankles when running)
8. Practice High Knees
9. Practice High Knees to Strides

Game Ideas: Red Light, Green Light

100m participants

1. Teach how to start at the line – body positioning
2. Teach when to start – use whistle if no start gun
3. Teach to stay in lanes (set up cones for lanes or paint them)
4. Teach to run hard through the line Have a cone or staff member beyond the finish line for them to run to. High five the counselor.
5. Teach to run looking straight – not at other runners
6. Teach how to pump arms, lift knees etc. See above tips
7. Practice event with High Knees, toe to hand @ chest level. Etc.
8. Have one runner start ahead of other runner and have them try and catch them before finish line.

Game Ideas: Rock, Paper Scissors. Participants start in the middle and face someone on the opposing team. They shoot rock/paper/scissors. Winner chases loser back to a line/cone that is set approx. 50m away.

Tips for proper form when sprinting. (50m &100m)

- ◆ Pretend you are holding a ball in front of you.
- ◆ High knees keep the ball from falling
- ◆ Open hands and arms in, keep the ball from going side to side
- ◆ Chin straight keeps eyes focused forward, reduced head movement and keeps the ball down.

200m Participants

1. Teach how to start at the line – body positioning
2. Teach when to start – use whistle if no start gun
 - ◆ Teach staggered start if possible, and explain they are the same distance due to curve of the track.
3. Teach to stay in lanes (set up cones for lanes or paint them)
4. Teach to run hard through the line. Have a cone or staff member beyond the finish line for them to run to. High five the counselor.
5. Teach to run looking straight – not at other runners
6. Teach how to pump arms, lift knees etc. (see tips above)
7. Practice striding
8. Practice striding to sprinting last 50-100m.

Game Ideas: Team Relay race to 100m and back for a total of 200m. 1st team to all be back sitting wins the race, or do 50m and back.

400m Participants

1. Teach how to start at the line – body positioning
 - ◆ Teach staggered start if possible, and explain they are the same distance due to curve of the track.
2. Teach when to start – use whistle if no start gun
3. Teach to stay in lanes (set up cones for lanes or paint them)
4. Teach to run hard through the line Have a cone or staff member beyond the finish line for them to run to. High five the counselor.
5. Teach to run looking straight – not at other runners
6. Teach how to pump arms, lift knees etc.
7. Practice striding
8. Practice striding to sprinting last 50-100m.

Game Ideas: Practice jogging 50m, stride 50m, sprint 100m or do jog sprint run using telephone poles. Caterpillar Running Game. Everyone jogs in a line. The last runner sprints to the front. A coach can blow a whistle, or let the next runner know when to sprint and chase down the runner in front of them.

800m Participants

1. Teach how to start at the line – body positioning
2. Teach waterfall start.
3. Teach to run hard through the line Have a cone or staff member beyond the finish line for them to run to. High five the counselor.
4. Teach to run looking straight – not at other runners
5. Teach how to pump arms, lift knees etc.
6. Practice striding/ sprinting last stretch.

Game ideas: Caterpillar Running Game. Everyone jogs in a line. The last runner sprints to the front. A coach can blow a whistle, or let the next runner know when to sprint and chase down the runner in front of them.

1600m Participants – (13&14 yr. old's only in this event)

1. Teach how to start at the line – body positioning
2. Teach waterfall start.
3. Teach to run hard through the line
4. Teach to run looking straight – not at other runners
5. Teach how to pump arms, lift knees etc.
6. Practice striding/ sprinting last stretch.

Softball Throw

1. Teach Rules and boundaries
2. Teach approach prior to throw
3. Teach follow through

Game Ideas: Dodge Ball / Clean out your backyard

Standing Long Jump

1. Teach Rules and boundaries
2. Teach how to swing arms
3. Teach how to land in pit
4. Teach how jump is measured
 - a. Distance from line to closest body part to line
5. Practice Jumps

Game Ideas: 5 or 10 Jumps for total distance 10 seconds to jump as far as you can

4x100 Relay

1. Teach rules and boundaries
2. Teach baton exchange & practice
3. Practice exchanging in the fault free area
4. Have runners each run 100m
5. Game Ideas: Turn and Spring, Steal the Bacon

Fun Games that can be played to end your lessons

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|--------------------|--------------------|------------------|
| ➤ Parameter Tag | ➤ Hour Glass Relay | ➤ Hospital Tag |
| ➤ Catch the Leader | ➤ Steal the Bacon | ➤ Sharks & Minos |
| ➤ Turn & Sprint | ➤ The Cone Game | ➤ Pac Man |
| ➤ Caterpillar Run | | |

Pine Tree State Track & Field Games

FUN FACTS

50 Meters

- ◆ **Distance on a regular track:** 1/8 lap
- ◆ **Fun fact:** The Statue of Liberty is 50 meters tall.

How to prepare for this event...

Drill: Start at the end of your driveway and run as fast as you can to your house.
Walk back to the end of the driveway. Repeat 5 times.

100 Meters

- ◆ **Distance on a regular track:** 1/4 lap
- ◆ **Fun Fact:** Florence Griffith Joyner -- famous for her six-inch-long fingernails -- holds the women's world record in this event, set in 1988.

How to prepare for this event...

Drill: Run the length of a soccer field as fast as you can, then turn and walk back. Repeat 4 times
Ask your parents to: Help you find a soccer field.

200 Meter Dash

- ◆ **Distance on a regular track:** 1/2 lap
- ◆ **Fun fact:** The average diameter of an asteroid is 200 meters.

How to prepare for this event...

Drill: Find a hill in your neighborhood. Run up it as fast as you can. Walk down. Repeat 5 times.
Ask your parents to: Help you find a hill that's safe.

400 Meters

- ◆ **Distance on a regular track:** 1 lap
- ◆ **Fun fact:** The height of the Empire State Building is approximately 400 meters.

How to prepare for this event...

Drill: Jump rope for 5 minutes without stopping. Jog in place for 2 minutes. Rest for 1 minute. Repeat 5 times.
Ask your parents to: Help you keep track of your time.

800 Meter Run

- ◆ **Distance on a regular track:** 2 laps
- ◆ **Fun fact:** An average freefall during a sky dive is 800 meters.

How to prepare for this event...

Drill: Run around the bases of a baseball field as fast as you can 3 times. Walk around once. Repeat 3 times.
Ask your parents to: Help you find a baseball field.

1600 Meter Run

- ♦ **Distance on a regular track:** 4 laps
- ♦ **Fun fact:** This distance also equals one mile.

How to prepare for this event...

Drill: Run for 12 minutes without stopping.

Ask your parents to: Keep track of how long you've been running.

4 x 100 Meter Relay

- ♦ **Distance on a regular track:** Each participant runs 1/4 lap (see the 100 meter above)
- ♦ **Fun fact:** A relay baton must be no shorter than 11 inches and no longer than 12 inches.

How to prepare for this event...

Drill: Practice passing a "baton" to another person without dropping it.

Ask your parents to: Save an old cardboard tube from a paper towel roll to use as a baton.

**Pine Tree State Track and Field Games Lesson Plan
50 Meter and 100 Meter**

Time	Activity	Coaching Points
5 Minutes	50 Meter / 100 Meter <ul style="list-style-type: none"> • Create lanes using cones or chalk or paint • Jog 50 meters with butt kicks • Jog 50 meters with high knees • High Skip 50 meters • Light runs 50 meters and back to warm up • Run through the finish line • Start on whistle (starters pistol) 	<ul style="list-style-type: none"> • Stay in lane • Focus ahead not on runners • Flex ankles when running • Practice High Knees
5 Minutes	Teach standing start <ul style="list-style-type: none"> • No starting blocks • Foot behind starting line • Opposite hand and foot forward • Weight on front foot • Fall into your run on whistle <ul style="list-style-type: none"> ♦ Head down, head comes up (15m) 	<ul style="list-style-type: none"> • Look for proper starting form • Foot behind line • Head up when running
5 Minutes	Teach proper running form <ul style="list-style-type: none"> • Pretend you are holding a ball in front of you • High knees keep ball from falling • Open hands and arms in, keep the ball from going sided to side • Chin straight keeps eyes focused forward, reduced head movement keeps the ball down 	
5-10 Minutes	Practice Sprints Have a cone to run to after finish or have a staff to high 5 them to run through finish line. Run sprints 2-4 times with break between.	<ul style="list-style-type: none"> • Knees are high • Arms in and pumping • Head still and eyes focused forward • Run though the finish line
5 Minute	Games <ul style="list-style-type: none"> • Red Light, Green Light • Rock Paper Scissors <ul style="list-style-type: none"> ♦ Start in middle of field ♦ Winner chases loser back to line (50m) ♦ Repeat 	<ul style="list-style-type: none"> • Look for proper form • See above

MAKE SURE TO TAKE QUICK DRINK BREAKS THROUGHOUT LESSON

Other Fun Games that can be played to end your lessons

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|--------------------|--------------------|------------------|
| ➤ Parameter Tag | ➤ Hour Glass Relay | ➤ Hospital Tag |
| ➤ Catch the Leader | ➤ Steal the Bacon | ➤ Sharks & Minos |
| ➤ Turn & Sprint | ➤ The Cone Game | ➤ Pac Man |
| ➤ Caterpillar Run | | |

**Pine Tree State Track and Field Games Lesson Plan
200 & 400 Meter**

Time	Activity	Coaching Points
5 Minutes	400 Meter <ul style="list-style-type: none"> • Create lanes using cones or chalk or paint • Jog 50 meters with butt kicks • Jog 50 meters with high knees • High Skip 50 meters • Light runs 50 meters and back to warm up • Run through the finish line • Start on whistle (starters pistol) 	<ul style="list-style-type: none"> • Stay in lane • Focus ahead not on runners • Flex ankles when running • Practice High Knees
5 Minutes	Teach standing start <ul style="list-style-type: none"> • No starting blocks • Foot behind starting line • Opposite hand and foot forward • Weight on front foot • Fall into your run on whistle <ul style="list-style-type: none"> ◆ Head down to head up (15m) • Teach staggered start if possible 	<ul style="list-style-type: none"> • Look for proper starting form • Foot behind line • Head up when running
5 Minutes	Stride to start 200 & 400 Meter Race <ul style="list-style-type: none"> • Arms pump opposite of legs • Hands open and arms in • Longer strides 	<ul style="list-style-type: none"> • Arms pumping • Eyes up not to side • Covering more ground with each stride than sprinting
5 Minutes	Teach proper running form for sprinting <ul style="list-style-type: none"> • Pretend you are holding a ball in front of you • High knees keep ball from falling • Open hands and arms in, keep the ball from going sided to side • Chin straight keeps eyes focused forward, reduced head movement keeps the ball down 	
5-10 Minutes	Practice Stride to Sprints (200 or 400 Meters) <ul style="list-style-type: none"> • Have a cone to run to after finish or have a staff to high 5 them to run through finish line. • Run sprints 2-3 times with break between. • Practice striding to sprinting the last 50- 100m 	<ul style="list-style-type: none"> • Knees are high • Arms in and pumping • Head still and eyes focused forward • Run though the finish line
5 Minute	Games <ul style="list-style-type: none"> • Team Relay <ul style="list-style-type: none"> ◆ Race 100m and back 2 times each ◆ 1st team back wins the race ◆ Can reduce to 50m if wanted • Caterpillar Run <ul style="list-style-type: none"> ◆ Jog in line, last person sprints to front, until the line is back as started 	<ul style="list-style-type: none"> • Look for proper form • See above

MAKE SURE TO TAKE QUICK DRINK BREAKS THROUGHOUT LESSON

Other Fun Games that can be played to end your lessons

- | | | |
|--------------------|--------------------|------------------|
| ➤ Parameter Tag | ➤ Hour Glass Relay | ➤ Hospital Tag |
| ➤ Catch the Leader | ➤ Steal the Bacon | ➤ Sharks & Minos |
| ➤ Turn & Sprint | ➤ The Cone Game | ➤ Pac Man |
| ➤ Caterpillar Run | | |

Pine Tree State Track and Field Games Lesson Plan
4x100 Relay

Time	Activity	Coaching Points
5 Minutes	4x100 Warm up <ul style="list-style-type: none"> • Jog 50 meters with butt kicks • Jog 50 meters with high knees • High Skip 50 meters • Slow lunges for 25 meters • Walk your hands to your toes and hold for 5 seconds (do 4 times) 	<ul style="list-style-type: none"> • Heels high for butt kicks • Knees high • Lunges need to be slow
5 Minutes	4x100 Explanation <ul style="list-style-type: none"> • Each runner runs 100 meters • Hands off to next runner • Must hand off in a 20 meter zone • All 4 running means 1 time around a full lap 	
5-10 Minutes	4x100 Activities <ul style="list-style-type: none"> • Stand 4 in a row all facing the same direction • Pump arms standing still and pass the baton (can use empty paper towel roll if you do have a baton) to the front (repeat several times to get timing) • Repeat but with a slight jog as all move at the same time • Then start 15-20 meter sprints to hand off to next runner 	<ul style="list-style-type: none"> • Watch proper running form • Don't drop the baton
5-10 Minutes	End of lesson Games <ul style="list-style-type: none"> • Rock Paper Scissors <ul style="list-style-type: none"> ◆ Start in middle of field ◆ Winner chases loser back to line (50m) ◆ Repeat • Fox and Hound <ul style="list-style-type: none"> ◆ Runner starts to run (100 meters) (Fox) ◆ After about 10 meters, the next person (Hound) runs after them. If caught, the spring to finish line together. If not, they turn around and the Hound becomes the Fox and the Fox becomes the Hound 	<ul style="list-style-type: none"> • Emphasize proper form

MAKE SURE TO TAKE QUICK DRINK BREAKS THROUGHOUT LESSON

Other Fun Games that can be played to end your lessons

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|--------------------|--------------------|------------------|
| ➤ Parameter Tag | ➤ Hour Glass Relay | ➤ Hospital Tag |
| ➤ Catch the Leader | ➤ Steal the Bacon | ➤ Sharks & Minos |
| ➤ Turn & Sprint | ➤ The Cone Game | ➤ Pac Man |
| ➤ Caterpillar Run | | |

**Pine Tree State Track and Field Games Lesson Plan
800 & 1600 Meter**

Time	Activity	Coaching Points
5 Minutes	800 & 1600 Meter Warm up <ul style="list-style-type: none"> • Jog 50 meters with butt kicks • Jog 50 meters with high knees • High Skip 50 meters • Light runs 50 meters and back to warm up • Run through the finish line • Start on whistle (starters pistol) 	<ul style="list-style-type: none"> • Stay in lane • Focus ahead not on runners • Flex ankles when running • Practice High Knees
5 Minutes	Teach standing start <ul style="list-style-type: none"> • No starting blocks • Foot behind waterfall starting line • Opposite hand and foot forward • Weight on front foot • Fall into your run on whistle • Teach waterfall start. Starting line is somewhat curved 	<ul style="list-style-type: none"> • Look for proper starting form • Foot behind line • Head up when running
5 Minutes	Stride and Jog for most of distance <ul style="list-style-type: none"> • Arms pump opposite of legs • Knees not high • Longer “flight” time • Strides are longer and slower pace than sprint • Hands open and arms in • Longer strides 	<ul style="list-style-type: none"> • Arms pumping • Eyes up not to side • Longer “flight” stage in stride • Covering more ground with each stride than sprinting
5-10 Minutes	Practice Stride <ul style="list-style-type: none"> • Have a cone to run to after finish or have a staff to high 5 them to run through finish line. • Jog 800 meters/ rest repeat if wanted • Practice striding/jogging to sprinting the last 50m 	<ul style="list-style-type: none"> • Arms in and pumping • Head still and eyes focused forward • Run though the finish line
5-10 Minutes	Games <ul style="list-style-type: none"> • Caterpillar Run <ul style="list-style-type: none"> ♦ Jog in line, last person sprints to front, until the line is back as started 	<ul style="list-style-type: none"> • Look for proper form • See above

MAKE SURE TO TAKE QUICK DRINK BREAKS THROUGHOUT LESSON

Other Fun Games that can be played to end your lessons

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|--------------------|--------------------|------------------|
| ➤ Parameter Tag | ➤ Hour Glass Relay | ➤ Hospital Tag |
| ➤ Catch the Leader | ➤ Steal the Bacon | ➤ Sharks & Minos |
| ➤ Turn & Sprint | ➤ The Cone Game | ➤ Pac Man |
| ➤ Caterpillar Run | | |

Pine Tree State Track and Field Games Lesson Plan
Long Jump

Time	Activity	Coaching Points
5 Minutes	Long Jump Warm up <ul style="list-style-type: none"> • Jog 50 meters with butt kicks • Jog 50 meters with high knees • High Skip 50 meters • Slow lunges for 25 meters • Walk your hands to your toes and hold for 5 seconds (do 4 tims) 	<ul style="list-style-type: none"> • Heels high for butt kicks • Knees high • Lunges need to be slow
5 Minutes	Teach Long Jump Technique <ul style="list-style-type: none"> • Must take off on 2 feet • Swing arms / Bend knees • Fall or jump forward after landing 	<ul style="list-style-type: none"> • Look for proper form • Stay behind line • Off 2 feet
5 Minutes	Long Jump Rules <ul style="list-style-type: none"> • No running to jump • Must stay behind line • Distance measured from line to closest body part to line 	
5 Minutes	Long Jump Activities <ul style="list-style-type: none"> • Everyone takes 5 jumps (mark how far they went) Repeat 2-3 times (try to go further each time) 	<ul style="list-style-type: none"> • Make sure off 2 feet each time • Swing the arms to help jump further • Land on 2 feet
5-10 Minutes	End of lesson Games <ul style="list-style-type: none"> • Long Jump Relays 10-15 meters out and back, then next go • How far can you jump in 10 seconds Repeat and try to beat your own distance • Obstacle course <ul style="list-style-type: none"> ◆ Jump from hula hoop to hula hoop ◆ Jump over small cones ◆ Other obstacles that need to jumped over or for distance. 	<ul style="list-style-type: none"> • Emphasize proper form

MAKE SURE TO TAKE QUICK DRINK BREAKS THROUGHOUT LESSON

**Pine Tree State Track and Field Games Lesson Plan
Softball Throw**

Time	Activity	Coaching Points
5 Minutes	Softball Throw Warm up <ul style="list-style-type: none"> • Slow windmills arm turns (clockwise & counter) • Stretch shoulders. Pretend to scratch back, lightly push down on elbow • Light toss with softball into fence <ul style="list-style-type: none"> ♦ If no wall, with partner if you gloves ♦ If no gloves, use tennis ball to partner 	<ul style="list-style-type: none"> • Slow movements to start • Not throwing for distance or power • Make sure stretch is held and not a bounce
5 Minutes	Teach Softball Technique <ul style="list-style-type: none"> • Stand with opposite arm facing where you want to throw • Bring ball back like you are petting a dog, and up the tail to get ball high and ready to throw • Opposite hand points out to where you are throwing • Throw ball over overhand with release a bit higher than if you were throwing to a partner. 	<ul style="list-style-type: none"> • Look for proper form • Opposite hand out • Release early
5 Minutes	Softball Throw Rules <ul style="list-style-type: none"> • Must throw behind line • Ball must land between lines 50 feet apart • Distance is measured from throwing line to where ball lands, not where it stops rolling 	
5 Minutes	Softball Activities <ul style="list-style-type: none"> • From non running or crow hop start, have all kids throw 3 balls. <ul style="list-style-type: none"> ♦ After they all throw, have them retrieve balls and return to start line • 3-4 rounds and progress to running or crow hop starts 	
5-10 Minutes	End of lesson Games <ul style="list-style-type: none"> • Dodge Ball • Clean out your Backyard <ul style="list-style-type: none"> ♦ 2 teams start on each side of line ♦ Both teams start with a number of balls (soft dodge balls such) ♦ Object of game is to get rid of every ball on your side ♦ After 2-3 minutes of throwing, blow whistle. Team with fewest balls in their backyard wins ♦ Encourage long throws into other backyard 	<ul style="list-style-type: none"> • Emphasize proper form • Make distance further to encourage long throws

MAKE SURE TO TAKE QUICK DRINK BREAKS THROUGHOUT LESSON