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Beginning Track Immersive Learning Series with Faith

Topics

Track, drills, fun, interactive, games, track skills, learning, foot work, team building

Lesson Ideas

Lesson Title

Beginning Track Immersive Learning Series

Duration

1 Hour

Lesson Plan

1. ****Introduction to Track (10 minutes)****
 - Brief discussion on what track and field is.
 - Overview of track events - sprints, hurdles, relays.
 - Importance of teamwork and sportsmanship.

Overview of Track Events (4 minutes)

- **Sprints:**
“These are short, fast races — like the 50 or 100 meters. It’s all about speed!”
- **Hurdles:**
“In this race, you run fast and jump over small barriers called hurdles. It’s tricky but fun!”
- **Relays:**
“A relay is a team race where runners pass a baton to the next runner. It’s all about

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working together and timing.”

Teamwork & Sportsmanship (2 minutes)

Discuss:

- “Track is not just about running fast — it’s about being a good teammate and encouraging each other.”
- “Cheer for your friends, and always try your best!”

2. **Warm-Up Drills (10 minutes)**

- Walking and jogging laps.
- Dynamic stretches focusing on legs (high knees, butt kicks).

Walking & Jogging Laps (5 minutes)

- Start with **2 minutes of walking laps** around the track or field.
- Follow with **3 minutes of light jogging laps** to get the heart pumping.
- Encourage kids to keep a comfortable pace and focus on steady breathing.

Dynamic Stretches (5 minutes)

Lead the group through these leg-focused stretches:

1. High Knees (1 minute)

- Lift knees up toward the chest while jogging in place or moving forward.

2. Butt Kicks (1 minute)

- Jog while kicking heels up toward the buttocks.

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3. Leg Swings (1 minute each leg)

- Swing one leg forward and backward, keeping balance with the other leg.

4. Lunges with a Twist (1 minute)

- Step forward into a lunge and twist your torso toward the front leg.

3. **Basic Track Drills (15 minutes)**

- Sprint starts: practicing getting off the starting line quickly.
- Stride length drills: short races to focus on stride.

Sprint Starts (8 minutes)

Explain & demonstrate:

- “A good sprint start helps you get off the line quickly and fast!”
- Show the **ready position**: feet staggered, knees bent, body leaning slightly forward.
- Practice a quick “**On your mark, get set, go!**” command to simulate race starts.

Drill:

- Line kids up at the starting line.
- Have them practice quick, short bursts (5–10 meters) focusing on exploding out of the start.
- Encourage pumping arms and driving knees up.

Stride Length Drills (7 minutes)

Explain:

“Stride length is how far your foot goes with each step. Longer strides help you run faster — but only if you can keep control!”

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Drills:

1. Short sprint races (10–15 meters):

- Have kids focus on big, powerful steps rather than just running fast.

2. Stride exaggeration walk:

- Walk slowly while taking big strides to feel the movement.
- Every step swinging each leg back then forward to stretch hamstrings

4. ****Interactive Track Games (15 minutes)****

- Relay races: dividing kids into teams, focus on baton handoffs. Slow-mo passing, and handoff repetition.
- Sprint obstacle course: including cones or hurdles to navigate.

Relay Races with Baton Handoffs (8 minutes)

Set-Up:

- Divide kids into teams of 4–6.
- Mark a relay zone about 10–15 meters apart for baton passing.

Instructions:

- Explain the importance of passing the baton smoothly within the exchange zone.
- Demonstrate how to hold and pass the baton.
- Teams line up and race, focusing on quick handoffs and running their best.

Coach Tips:

- Encourage communication: “Ready!” “Go!” “Here!”

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- Praise smooth passes and cheering teammates.
- Keep the race lighthearted and fun!

Sprint Obstacle Course (7 minutes)

Set-Up:

- Arrange cones or small hurdles spaced out to create a short obstacle course.
- Include:
 - Zig-zag cone weaving
 - Low hurdles to jump or step over
 - Quick stops and starts

Instructions:

- Kids take turns sprinting through the course as fast as they can while maintaining control.
- Encourage focus on footwork and staying light on their feet.

5. **Cool Down and Reflection (10 minutes)**

- Walking lap for cooldown.
- Group discussion on what they learned and enjoyed.
- Encourage sharing of skills or games they found challenging/fun.

Walking Lap (5 minutes)

- Lead the group in a slow, easy walk around the track or field to help their bodies cool down.

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- Encourage deep, steady breathing: “Breathe in through your nose, out through your mouth.”
- Use this time to chat casually or play a quiet “I spy” game to keep them engaged.

Group Reflection Discussion (5 minutes)

Gather the kids in a circle or sitting down.

Ask open questions:

- “What was your favorite part of today’s practice?”
- “Which new skill did you learn?”
- “Did any activity or game feel challenging?”
- “Who helped you or cheered you on today?”

Encourage:

- Everyone to share if they want, no pressure.
- Praise all answers to foster confidence and community.

Materials List

- Cones
- Batons
- Hurdles
- Whistle
- Stopwatch

Adaptations for Different Ages

- **Younger Kids:** Simplify relay and obstacle activities, focus more on fun and participation rather than technique.

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- **Older Kids:** Introduce more complex drills such as hurdle stepping or timed relay practice.

Movement Break

- Midway through the lesson, introduce a fun dancing session or a freeze dance game to keep energy levels high and minds refreshed.

Bonus Activities

- **Track Trivia:** Quiz kids on track field facts or famous athletes.
- **Create Your Own Track Event:** Let kids get creative and design a unique track event, then try it out.

Series Outline

Beginning Track Immersive Learning Series

Week 1: Introduction to Track and Field

- Overview of different track and field events
- Watch video highlights of famous track and field performances
- Group discussion on personal goals and what track means to each participant
- Play a quiz game about the history of track and field

Week 2: Basic Running Techniques and Warm-Up Drills

- Demonstrate and practice proper running form and posture
- Group warm-up routine with dynamic stretching exercises
- Relay races emphasizing form over speed
- Partner exercises focusing on maintaining form

Week 3: Footwork Fundamentals

- Introduce agility ladders and basic footwork drills
- Create an obstacle course incorporating footwork skills
- Footwork relay games where teams compete to finish first
- Partner drills to practice balance and foot placement

Week 4: Sprinting Skills and Speed Challenges

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- Teach sprinting techniques focusing on explosive starts
- Timed sprints and progress tracking activities
- Group speed challenges to promote teamwork
- Reaction time games with emphasis on quick starts

****Week 5: Endurance and Long-Distance Running****

- Introduction to pacing and breathing techniques for distance running
- Fun endurance challenges like team-based long-distance relays
- Create a running diary to track daily progress and feelings
- Group discussions on mental strategies for maintaining stamina

****Week 6: Field Events Exploration: Jumping and Throwing****

- Basic introduction to high jump and long jump techniques
- Fun throwing activities like mini javelins and shot puts, using safe alternatives
- Technique stations focusing on form across various field events
- Create a two-week project to build a homemade throwing or jumping implement

****Week 7: Team Building and Cooperative Games****

- Team obstacle courses where kids must cooperate to succeed
- Relay races that require teams to strategize collectively
- Group problem-solving activities such as building a low-cost track model
- Reflective group discussion focusing on the importance of teamwork

****Week 8: Nutrition and Health for Young Athletes****

- Interactive session on healthy eating habits and hydration
- Create a weekly meal plan that supports track activities
- Taste testing of healthy snacks and smoothie creations
- Interactive games to learn about food groups and nutrition facts

****Week 9: Track Meet Simulation****

- Organize a mini-track meet with various sprints, jumps, and throws
- Teach participants about meet rules, scoring, and etiquette
- Encourage self-assessment and team feedback
- Award ceremony celebrating effort and improvement

****Week 10: Reflection and Future Goals****

- Group discussion to reflect on what has been learned
- Creative activity to design a personal track event or goal
- Plan future personal training or further involvement in track

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- Celebration party with certificates of participation and achievement badges

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

