

PHED 4214 – Track and Field

Event: Starts – acceleration phase

Equipment: 5 to 10 hula hoops, 50 Bean Bags or more (could be badminton birds, small balls, a mix of hand sized items, candy, whatever,)

FOCUS: Acceleration from a stationary position. Looking to accentuate the power and drive phase of the legs for the first few steps.

Description:

- The goal of the game is to get as many beanbags as possible from the center hoop
- A hoop is situated in each of the four (4) corners of the playing area and one in the center of the playing area
- Ideally, do not want more than 3 players per team. Therefore in a class of 30 students, the setup will require two (2) possibly three (3) hoops per corner. The more items in the center hoop, the more times each player will have to run back and forth.
- All the beanbags (items) are put in the center hoop
- Divide the group into four (4) to ten (10) equally strong teams. Assign each team to a hula hoop.
- On 'go', a member from each team will run to the center hoop and take one beanbag (item) back to their team's hoop. Once the beanbag (item) lands, the next person goes and does the same.
- The players on all teams keep running back and forth until all the beanbags (items) are taken from the center hoop.
- The team with the most beanbags (items) wins. The instructor establishes the reward for all the teams except the 1st place team (eg. tuck jumps, sit-ups, push-ups, ...)
- Possibly make player trades and play again.

Key Teaching Points:

- Keep the distance to the center hoop close enough to encourage power and speed
- Possibly have the waiting teammate with their stomach on the ground when they are tagged to go by the incoming runner, OR they are in a starting block 'set' position

Possible Game Adjustment:

- Increasing the distance to the center hoop will change the focus to speed endurance