



True North's Track and Field (Ages 4-7)

Activity: Simon Says

Equipment: None

Description: The object of the game is for the child/children to follow the commands you call out. The only time they should follow your command is when you say, "Simon says" before the command. If you don't say "Simon says" and a child still follows the command, they have been tricked! Encourage the child/children to be the person who gets tricked the least. After 5 turns, let someone else act as the leader.

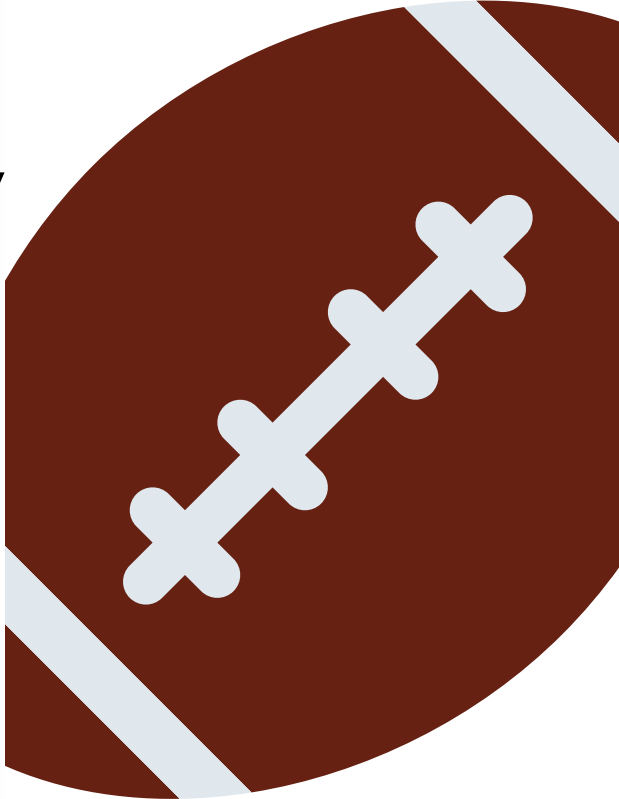
Example commands: Jump up and down, move your arms in circles, touch your toes, do 5 tuck jumps, spin around in a circle, tap your knees, show your best dance move.



Activity: Long jump

Equipment: Pylons or bright t-shirts; measuring tape (optional)


Description: Find a grassy or soft location. Create a "take-off gate" using two bright objects- this will be where the participant will jump from. Demonstrate a one foot take off and two-foot landing while using your arms to propel you forward. Next, have your child try the long jump. The jumping distance is measured by taking the distance between the takeoff gate and the back of the foot that lands closest to the takeoff gate. Use either a measuring tape or your shoes to measure the distance of the jump.



Activity: Water Balloon Shot Put

Equipment: 10 water balloons or regular balloons filled with water; measuring tape (optional)

Description: Use the "take-off gate" that you created for the long jump. Demonstrate shot put form for your child;

- 1) Hold the water balloon in your dominant hand, palm side up, at your neck right (by your jawline);
 - 2) Step forward with the opposite foot from your dominant hand as you push the water balloon away as far as you can.
 - 3) Check out [this video](#) to see a demonstration.
- 

Give your child a chance to try it out multiple times. The throw is measured by taking the distance between the takeoff gate and where the water balloon first lands, before it bounces. Use either a measuring tape or your shoes to measure the distance of the jump.

If you want to get creative, record all of your child's scores and have them create their very own Track and Field Certificate listing their top times and distances using household arts and crafts.

