



# True North's Track and Field (Ages 8-14)

## Activity: Water Balloon Toss

**Equipment:** 5 water balloons

**Description:** Find a partner. Starting from 3 meters apart, toss a water balloon back and forth, taking one step back on each successful catch. Continue until your balloon pops. Count out how many steps you were able to get apart before the balloon broke. Repeat to try to beat your record. Increase the difficulty by using only 1 hand to catch, or tossing with your non-dominant hand.



## Activity: Water Balloon Shot Put

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

**Description:** Create a "take-off gate" using two bright objects- this will be where the participant will throw from. Use shot put technique to push the water balloon as far as you can;

- 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](#) for more technique tips.

Your foot must not cross the "take-off gate" line in order to count. Try it multiple times to improve your distance. The throw is measured by taking the distance between the take off 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.



## Activity: Javelin

**Equipment:** A hockey stick or a broom stick

**Description:** Use the "take-off gate" that you created for the water balloon shot put. Participants will take a running start and see how far they can throw the javelin. Have each participant take 3 throws and use their furthest throw as their score.



## Activity: Triple Jump

**Equipment:** Sand pit or grassy area

**Description:** Participants sprint along a runway before taking off from the "take-off gate". The take-off foot absorbs the first landing, the hop. The next phase, the step, is finished on the opposite foot and then followed by a jump into a sandpit. The distance travelled, from the edge of the take-off gate to the closest indentation in the sand to it, it is then measured.

