

WE RUN  
WE JUMP  
WE THROW

**An ebook of games to use at your  
Little Athletics Centre**



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# REMOTE CONTROL

## Equipment:

- Nil
- Markers (optional)

## How to Play:

Players respond to the following video controls (from parent/coach), using the appropriate actions:

Play - move forward

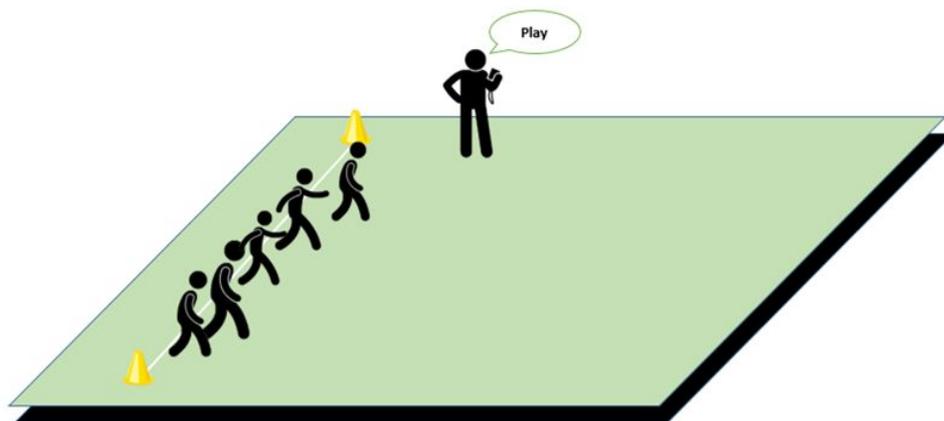
Fast Forward - move forward faster

Rewind - move backwards

Stop - stop

Pause - jump on the spot

Record - pull a funny face



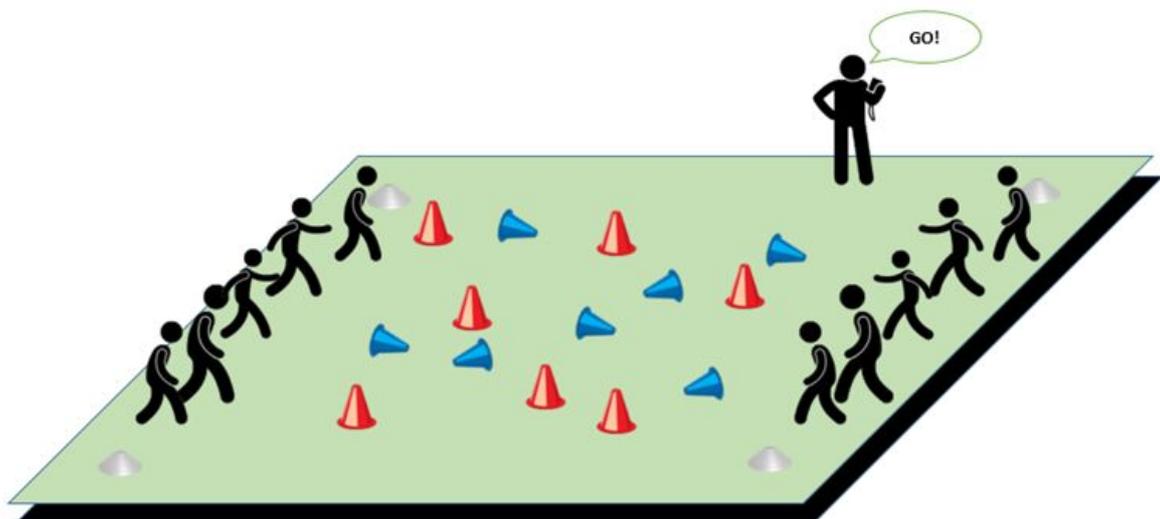
# HILLS AND VALLEYS

## Equipment:

- Markers or witches Hats

## How to Play:

Split the group into two teams. Ground markers scattered in designated playing area, half of them turned upside down. On the command "Go!" Team A moves around the playing area attempting to turn as many markers as possible the right way up; at the same time Team B attempts to turn as many markers as possible upside down. After playing for a designated time, stop the game and count the number of markers the correct way up, compared to the number of markers upside down, to find the winning team.



# RABBITS AND ROOSTERS

## Equipment:

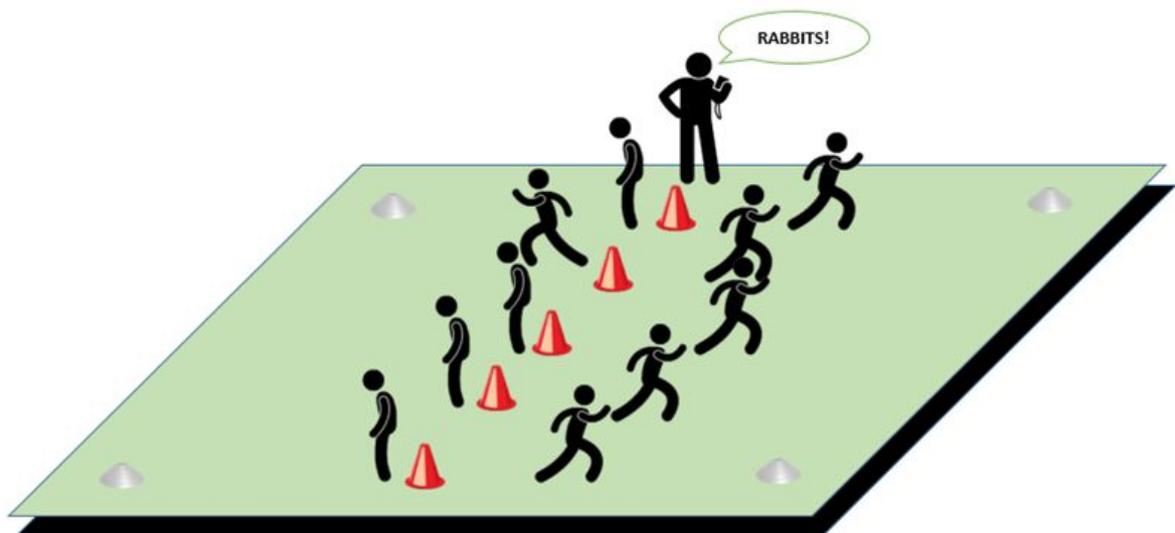
- Ground Markers

## How to Play:

Athletes line up beside their partner in two opposing teams. One team is named the “Rabbits”, the other is named the “Roosters”.

The coach will stand at the head of the lines and call “On Your Marks...Set...”and then either “Rabbits” or “Roosters”. The team whose name has been called must run to a designated line and the partner on the opposing team must try to beat them to that line.

Various starting positions such as sitting and lying in a prone position may be used in order to introduce more of an emphasis on agility. The ground markers can be set at any distance, whether the training session is aimed at sprints or distance.



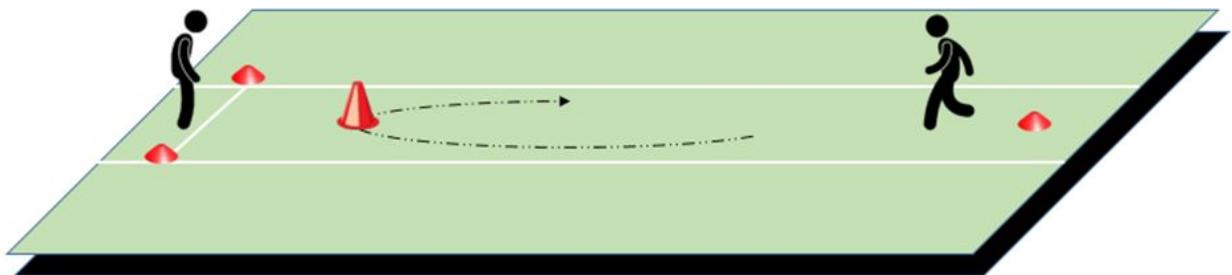
# TOUCH AND GO

## Equipment:

- 3 markers per pair

## How to Play:

Athletes form pairs and face each other 20-30 metres apart. Athlete A jogs towards Athlete B. On reaching a predetermined marker a few metres in front of Athlete B, Athlete A must pivot around the marker and sprint back past where they started. At the same time, Athlete B must chase them and attempt to pass Athlete A before they get back to the starting line. If Athlete B catches Athlete A then they can move the marker further away from Athlete B and try again. If Athlete B didn't catch Athlete A then they move the marker closer to Athlete B and try again.



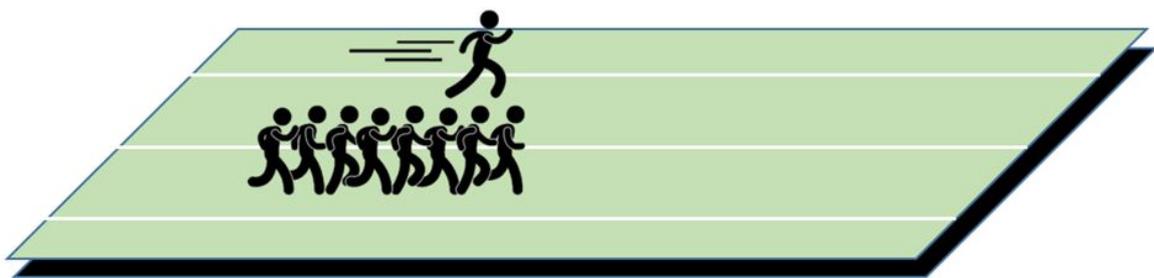
# TRAIN RUN

## Equipment:

- Markers, whistle.

## How to Play:

Separating into groups of like-ability is critical to being able to perform Train running. Each group runs together in single-file over a predetermined course or loop. After the lead runner has covered a measured distance (e.g., 20-150 meters), reaches a specific landmark (e.g., a marker you've placed on the loop), or at the sound of your whistle, the last runner in line increases his or her pace and runs to the front of the line. At the next distance, landmark or whistle, the last runner moves to the front of the line, and so on, for the duration of the run.



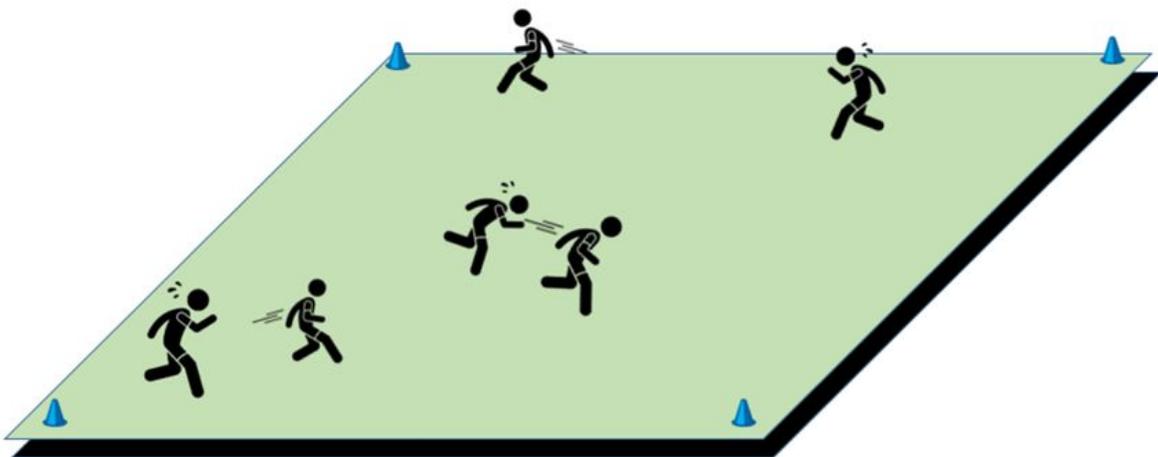
# PARTNER TAG

## Equipment:

- Nil

## How to Play:

Divide the group into pairs. Like all tag games, the object is to make a tag, but in this game you can only tag your partner. Change roles when tagged or after a given time (e.g., whistle blast). For this game you can use the entire oval. If players are miss-matched (i.e. one is faster than the other) it doesn't really matter. This is because if the faster player gets too far ahead then they will have to turn and chase from a longer distance when roles change.



# FAST BATON

## Equipment:

- Ground Markers
- One Relay Baton per team

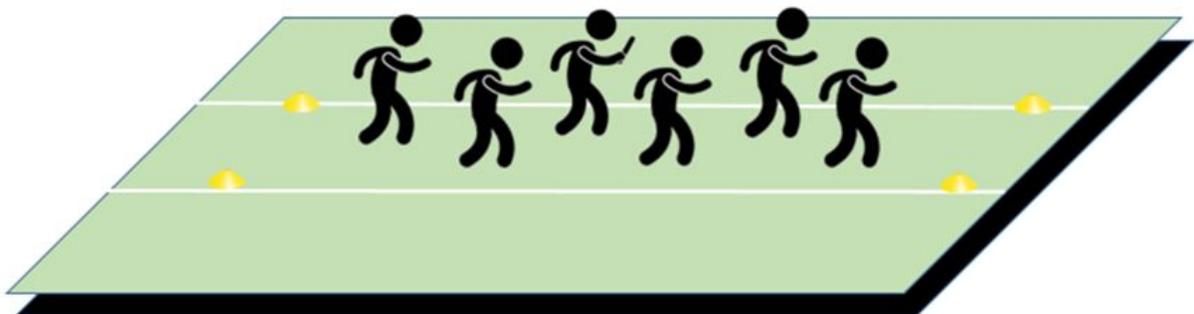
## How to Play:

Divided the group into even teams. The athletes line up behind a ground marker in their teams. They stand in single file, arm's length apart. The person at the rear of the line is given a relay baton.

On "Go", the athletes pass the relay baton down the line as quickly as possible, using non-visual exchanges. When the first person receives the baton, they must quickly raise it above their head, signalling that they have finished. The first team to do this the winner.

When the baton reaches the first person and all teams have finished, simply ask the athletes to turn and face the other direction, so that the front person is now at the end of the line with the baton. Repeat the game.

**ALTERNATIVE:** Athletes attempt this game while running on the spot.



# RELAY ZONE CHASE

Equipment:

- Ground Markers

How to Play:

Set up a thirty meter change zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners. The incoming runner stands 20m beyond the start of the change zone. The outgoing runner stands just inside the acceleration zone looking back over their shoulder. A check mark is placed about six metres behind the start of the acceleration zone.

On "Go", the incoming runner sprints towards the outgoing runner. As soon as the incoming runner reaches the check mark, the outgoing runner must turn and sprint as fast as possible towards the end of the 30m changeover zone. The incoming runner aims to tag the outgoing runner before they reach the end of the changeover zone. The outgoing runner aims to reach the end of the zone and "safety" without being tagged.



# RUNNING OVER OBSTACLES

## Equipment:

- Ground markers (collapsible)
- Witches hats
- Mini hurdles

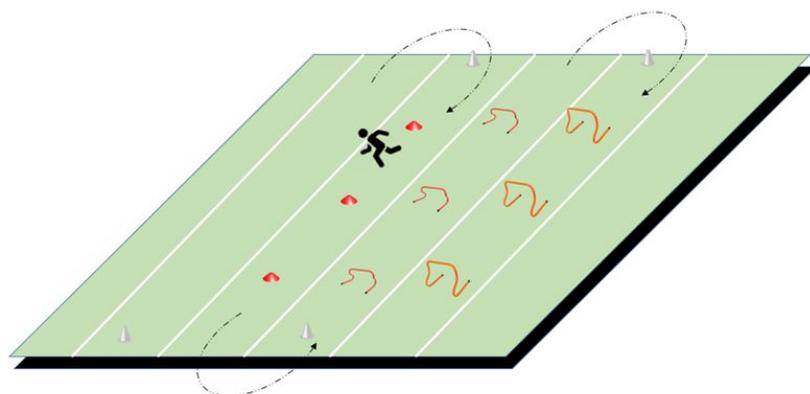
## How to Play:

Using four lanes, evenly space out the obstacles over a distance of 25m (approx.). The diagram shows three, however you could use two or four obstacles. It will depend on the amount of equipment you have access to. It doesn't matter what the obstacles are, so long as they are safe and they increase in height each lane. You could use skipping ropes, hurdle tops, micro hurdles (15cm high) for example, so long as they are safe.

To begin, run down lane 1, turn into lane two and return (over obstacles), then turn down lane three (over larger obstacles) and return back up lane 4 (over ever bigger obstacles). Start off the first repetition jogging and then each subsequent repetition increase speed.

You can have multiple athletes running at the same time, so long as there is 1-2 obstacles distance between them. If you have large groups, then have two lanes of everything.

*Note: each repetition (up and back, up and back) equates to 100m.*



# HJ TIME TRIAL

## Equipment:

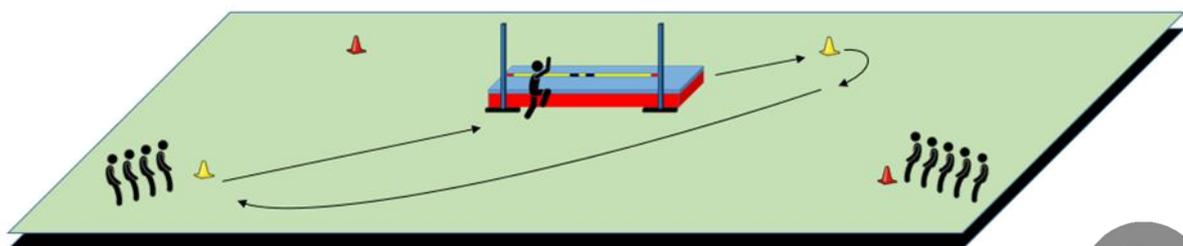
- High jump mats
- Uprights
- Flexi bar
- Markers

## How to Play:

Set up high jump mats and uprights on a flat ground with no rocks, clumps of grass or holes. The bar is set at a height everyone can clear with a degree of effort above the minimum. A starting point is set out approximately 10m (at an angle of about 20 to 30 degrees) away from the side of each upright. Split the group into two even groups. Each team lines up behind their scratch lines. On the command “GO” a stopwatch is started and the first player runs in to clear the bar.

The second player moves when the first jumper has stepped clear of the mats. This continues until every player has completed a jump. When the full team has returned to the original starting place and is standing up in order, the stopwatch is stopped. This is the time recorded for the team. The next team lines up and repeats the performance and the times are compared to find the winning team.

After both teams have been through once, swap positions so that the players then run in from the other side.



# JUMP THE RIVER

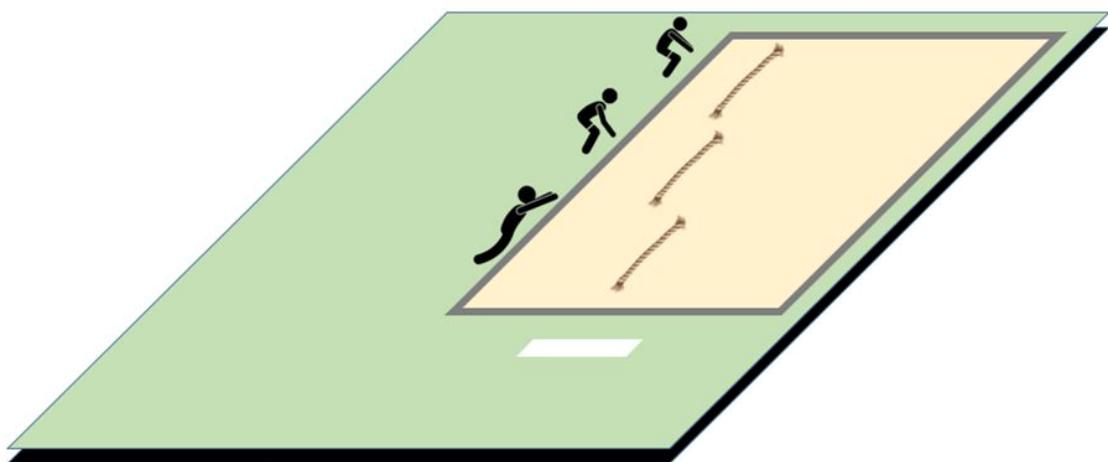
## Equipment:

- Long Jump pit
- Skipping ropes (optional)

## How to Play:

Place the skipping ropes (or draw lines across the long jump pit) approximately 1m apart. Get the athlete's to line up in groups along the side of the pit. Explain to the athletes that this area simulates a river full of crocodiles. Using a standing or walking jump, athletes attempt to jump across a 'river' drawn in the sand or marked with skipping ropes. If an athlete lands in the river, they will be gobbled up but encouraged to have more attempts.

*ALTERNATIVE:* For older athletes, mark a widening river in the sand. Give points for each mark further along the river as they succeed.



# JUMP FOR NUMBER

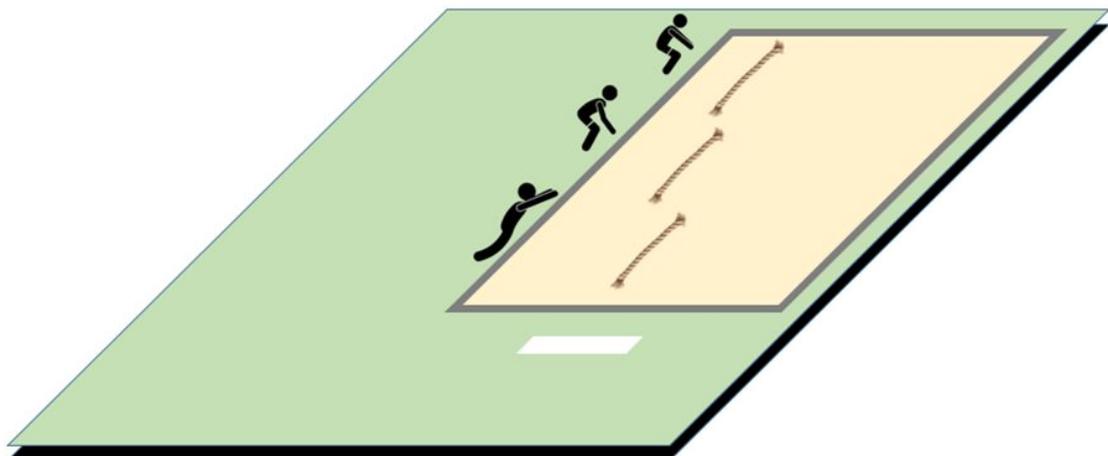
## Equipment:

- Ground Markers or witches hats
- Long Jump pit

## How to Play:

Have the athletes line up 3-5m away from the take-off board. Coach stands in the sand pit or at the end of the pit with one arm above their head. The athlete runs and jumps like a normal long jump and as soon as they are in the air, the coach briefly (after take-off and before landing) displays a number of fingers between one and five. The athlete has to yell out the correct number as soon as they see it.

Note: there is no foul (i.e. do not have to hit the take-off board or mat)



# HOP SCOTCH

## Equipment:

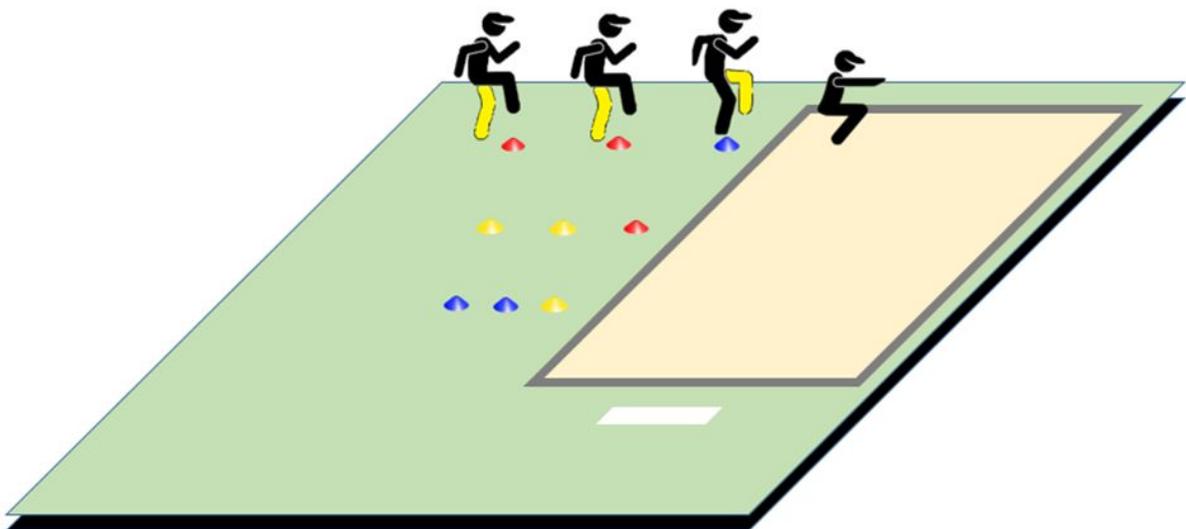
- Coloured rubber dots or collapsible markers – 3 of each colour
- Long jump pit

## How to Play:

Each athlete completes each sequence, starting on the smaller one, with the pattern of: Take off on one foot, then.....Same...Other...Both.

That is: same colour = same foot, different colour = different foot and then jump into the sand pit / landing area onto two feet.

Once the first sequence is complete, move up to the next. If an child can't make it to the next dot / landing area, then they go back to the one they can and add more speed (i.e. run up).



# FLY

## Equipment:

- Six skipping ropes or pieces of rope

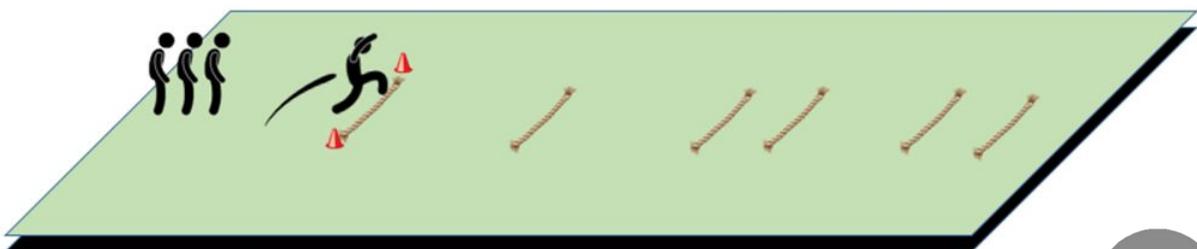
## How to Play:

Find a smooth flat, grassed area free from rocks etc. Lay the ropes down outstretched (length ways) one behind the other about 30cm apart. Choose one of the players to be the fly. The player chosen as 'fly' goes last and the rest of the player's line up at the start of the ropes. They step between each rope without touching the ropes – one foot only between each rope. The 'fly' would do the same except for the last step. The fly's last step would be as big or small as they like. Once they have landed, they keep their foot on the spot where they landed and pick a rope that they would like to move to that new spot.

Note: you cannot move the first or last rope. The players go through again. If anyone touches the rope they are automatically out, or if they miss a gap in between two ropes. Gradually the distance between the ropes becomes larger and larger. If the 'fly' hits the rope a new fly will have to be chosen.

THIS SHOULD NOT BE DONE AS A WARM-UP ACTIVITY AS 'FLY' REQUIRES EXPLOSIVE

POWER AND A GOOD WARM-UP WITH STRETCHES BEFORE THIS GAME IS ESSENTIAL.



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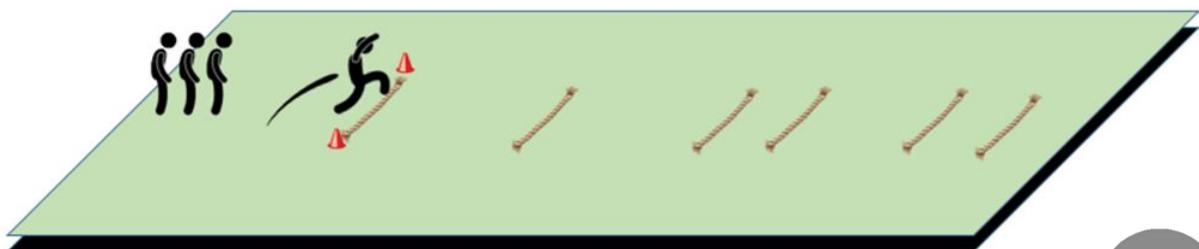
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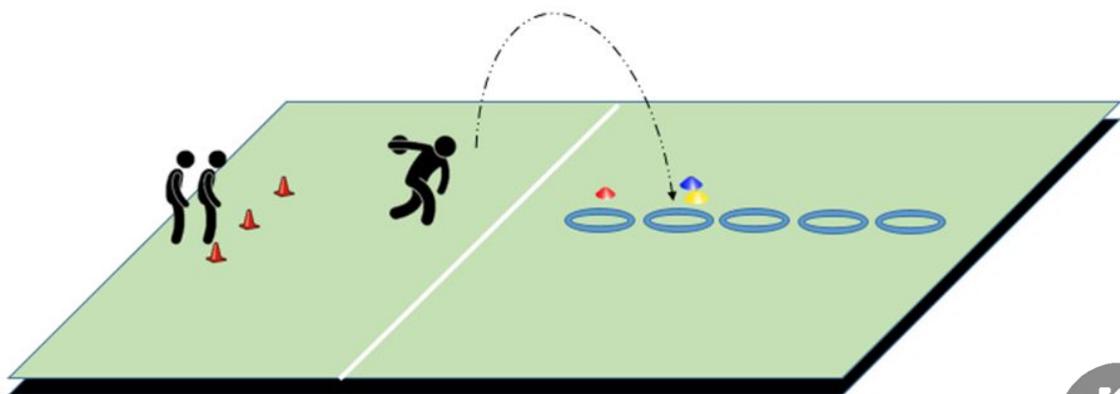
# CLIMB THE LADDER

## Equipment:

- 1 marker for each person
- 3 witches hats per group
- at least 5 hoops per group
- 1 discus per group

## How to Play:

Construct a ladder; beginning one metre in front of each group by placing five (or more) hoops in line, flat on the ground. On command, the first player attempts to toss the discus underarm and land it on the full, on its edge, in the first hoop. If they are successful, they move their marker up next to the second hoop in line. When it is time for their next turn, they attempt to land the discus in the second hoop, and so on until they have reached the last hoop (top of the ladder). Should their discus at any time miss the hoop they are aiming for, they must continue to attempt to land their discus in that hoop, with each successive turn, until it is achieved. Players must hit the targets in order (i.e. First hoop, then second hoop, then third etc.).



# MINEFIELD

## Equipment:

- Markers
- Shots
- Hoops

## How to Play:

Players line up in pairs or groups of no more than four behind ground markers. Scatter numerous hoops (mines) in front of the players. Place special targets just beyond the 'minefield'. Players attempt to put the shots for maximum distance and accuracy to score points.

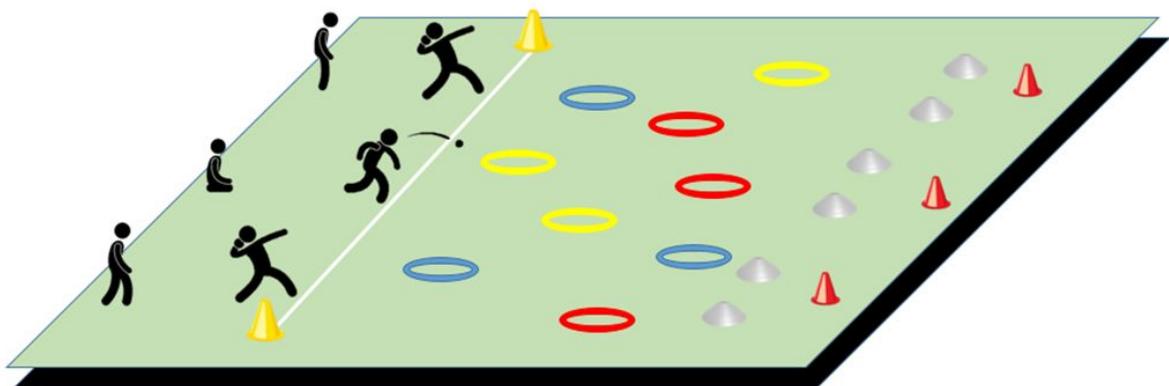
Scores are as follows:

Hit mine = no point

Land in minefield = 1 point

Over minefield = 2 points

Hit target = 3 points



# DISCUS GOALLLL !!!!

## Equipment:

- 2 cones (same colour if possible)
- 2 mini hurdles (or anything that can represent goals)
- 2 safety/foam discuses

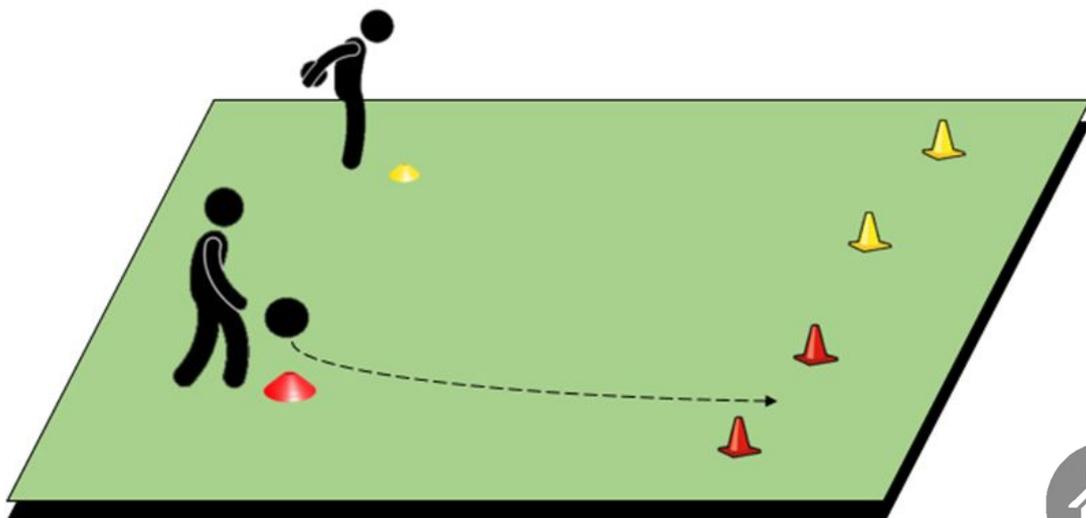
## How to Play:

The aim is to score a goal by rolling the discus into the “soccer goals”. Organise 2 groups. Participant stands next to cone and front arm points to the target with opposite foot forward. The arm holding the discus is long and relaxed. Just like ten-pin bowling, rolling arm is brought back and the brought through and discus roll off the fingers

Participant retrieves and gives it to the next person... never thrown back

## Extension ideas:

- Set target further/closer
- Use opposite hand
- On their knees
- Smaller goals
- One target and the aim is to be the first person to hit the target



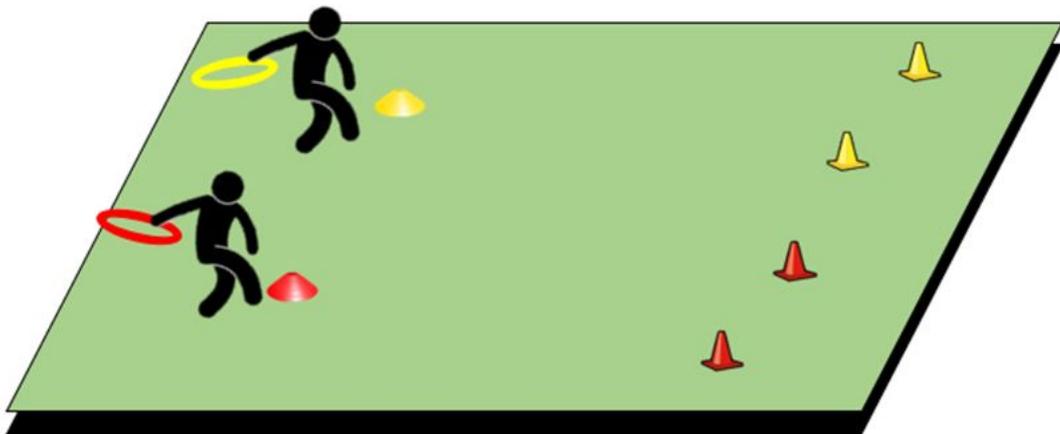
# DISCUS QUILTS

## Equipment:

- Markers
- Hula-hoops

## How to Play:

Place markers about three to five metres away from players and give them several hula-hoops to throw. If the hoop goes around the witches' hat they receive a point or some type of small reward. The only catch is they must hold the hoop with an over hand grip and throw the hoop in a round arm action like they would a discus.



# THROW, THROW, THROW

## Equipment:

- Ground markers
- Scrap paper – two piece per athlete

## How to Play:

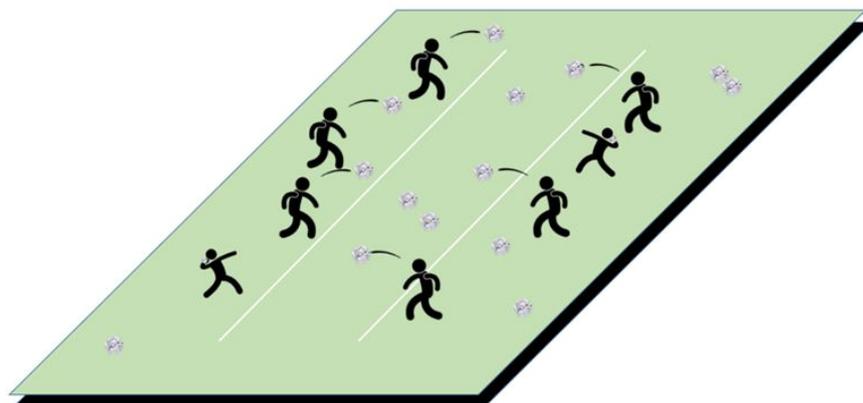
Divide the athletes into two groups of equal size facing each other. Separate the groups with a 'no-go' zone (approx. 2-3 metres wide). Give each athlete a couple of crumpled-up paper 'balls'.

On the command (whistle), the athletes will throw their paper ball over a line in the direction of the opposite athlete, using an overarm throwing action. The objective is to get as many paper balls over to the opposite side. Any that fall into the 'no-go' zone are out of play for the remainder of the round. Athletes should "throw fast and throw smart" in this game.

After a set period of time (e.g. 30 seconds), paper balls are counted to see who has the fewest balls to determine the winning group.

## VARIATIONS:

- have the athletes seated
- have the athletes kneeling
- have the athletes standing
- increase the distance of the 'no-go' zone.



# JAVELIN "FISHING"

## Equipment:

- Ground Markers
- Javelin, one per athlete

## How to Play:

Have athletes line up along a straight line. Place a marker (which is their fish) directly in front of them approximately 5-8m away. Athletes line their front foot, body and javelin tip to their marker. On the coaches command all athletes throw to try and "spear their fish".

