



Circuit Training Field Day Activities

1. Inchworm wiggle (floor markers)
 - a. Bend forward so that hands and feet are on the ground and encourage the child to move like an inchworm by walking the hands forward and then walking the feet up to the hands.
 - i. 2 volunteers
2. Bunny hop (floor markers)
 - a. Bend forward so that hands and feet are on the ground and encourage the child to hop like a bunny by moving the hands forward and then hopping the feet up to the hands.
 - i. 2 volunteer
3. Follow the path (floor markers)
 - a. Using floor markers provided, encourage the child to follow the marked path.
 - i. 2 volunteers
4. Goalie drill slow (motion ball, goal)
 - a. Have the child stand in front of the goal that has been set up. Encourage the child to stop the ball with his/her hands so the ball doesn't get in the goal.
 - i. 2 volunteers
5. Big ball catch/Scarf game (beach ball, slow motion ball)
 - a. Stand facing the child and slowly bring the ball toward the child. Repeat several times, moving more quickly each time. Next, have the child grab the ball from your hands. Then tell him/her that the ball will be let go right before it reaches his/her hands. Practice this several times before actually tossing the ball. (Eyes should be focused on the ball. Fingers should be spread apart and facing down when rolling or catching a ball that's below the waist. The ball should be controlled with the hands only, not the chest and legs)
 - b. Encourage the child to follow the movement of the scarf with his/her head and eyes. Try dropping the scarf and encourage the child to "catch" the scarf with his/her hand, head, elbow, foot, etc.
 - i. 2-3 volunteers
6. Bounce catch (beach ball, slow motion ball)
 - a. Face the child and bounce a beach ball or fairly large ball so the child can catch the ball without moving. Progress to moving further away. (Eyes should be focused on the target. Fingers should be pointing down when catching a ball that approaches below the waist and pointing up when the ball approaches about the waist.)
 - i. 2-3 volunteers
7. Underhand toss (small foam ball, bean bag, tennis ball, hoop)
 - a. Encourage the child to stand with bent knees holding a small ball or beanbag with one hand. Ask the child to look at your hands and toss the ball into your hands. Progress to tossing an object through a hoop or toward a target. (eyes should be focused on the ball. Fingers should be facing down when tossing a ball underhand. The foot opposite the tossing hand should be forward in an open stance.)
 - i. 2-3 volunteers
8. Handball (beach ball, cone, tee)
 - a. Place a beach ball on a cone or tee. Have the child hit the beach ball with a fist or open hand.
 - i. 2 volunteers
9. Ball tapping (beach ball, slow motion ball)



- a. Tap a beach ball toward the child and have him/her tap the ball back toward you with an open hand. Progress to having the child in a sideways, ready position. Toss beach ball to the child and have him/her hit the ball with an open hand. (Encourage the child to stand sideways to the ball with good balance. Markers can be used for the child to stand on. Eyes should be focused on the ball. Encourage follow-through by having the child twist his/her belly forward and/or clapping the hands out in front. If the child is not transferring weight, have him/her rock front and back while standing on markers.)
 - i. 2-3 volunteers
10. Side Striking (**beach ball, slow motion ball, paddle, jr size racket, plastic bat**)
 - a. Using a sideways stance, encourage the child to strike a tossed beach ball or other ball with a racket, paddle, stick, bat, etc.
 - i. 2-3 volunteers
11. Skipping (**floor markers**)
 - a. Place a series of markers on the ground in a straight line. Have the child step onto the marker and then perform a low hop on that foot. As the hopping foot lands, place the other foot on the next marker.
 - i. 2-3 volunteers
12. Kicking for accuracy (**junior size soccer ball, junior goal**)
 - a. Place a ball on the ground. Encourage the child to run up to the ball to kick it toward a goal or between two cones.
 - i. 2-3 volunteers
13. Velcro catch (**Velcro paddle and tennis ball**)
 - a. Stand facing the child and encourage the child to catch the ball with the velcro paddle.
 - i. 2-3 volunteers
14. Balance beam (**balance beam**)
 - a. Try walking with one foot on each side of the balance beam. Next, walk on TOP of the balance beam, one foot in front of the other. Go very slowly to keep your balance.
 - i. 2 Volunteers
15. Strider Bike (**strider bike**)
 - a. Help athlete balance on the strider bike and maneuver around and work on balancing on 2 wheels
 - i. 3 volunteers

Live Healthy Fair

1. Hydration
 - a. handing out bottles of water
 - b. (Danielle will work here)
2. Dental
 - a. Handing out toothbrushes
 - b. Trying to contact local dentist
3. Hand washing
 - a. Hand out hand sanitizer
 - b. Trying to locate the hand washing light