

Week 1 Snapshot

Routines & Fitness

Lesson 1

Objective: Athletes will be introduced to Track and Field and learn daily routines.

Lesson Title: All About Track and Field and Daily Routines

Materials: Balls, Cones

Lesson 2

Objective: Athletes will set team expectations and practice agreements before playing in a drill.

Lesson Title: Warm Up & Team Agreement

Materials: Cones, Whiteboard or Paper

Lesson 3

Objective: Athletes will learn Track and Field Terminology and play a game.

Lesson Title: Track and Field Terminology

Materials: Cones, Whiteboard

Lesson 4

Objective: Athletes will learn about Track and Field Competition and work on their fitness.

Lesson Title: Track and Field Rules

Materials: Cones, balls

Lesson 5

Objective: Athletes will do the mile and play a game.

Lesson Title: Mile

Materials: cones, stopwatch