

Level 1 – Passing & Receiving Objects

Teaching Tips

Victorian Little Athletics Association

Passing and receiving objects is the lead up activity to the baton exchange in relay races. This skill can be a difficult sequence of events for children to master and is best learnt through a face to face exchange before using the 'Olympic' competition model. Young children are still coming to terms with tracking a moving object and their reception skills are still being developed. The following components allow the children to develop tracking, force reception and carrying skills prior to having to deal with the more complicated traditional exchange.

Passing Objects

COMPONENT A:

- Eyes are focused on the hands of the receiver.

Tips:

- Before establishing the correct grip, have the receiver hold up fingers for the incoming passer to count.

COMPONENT B & C:

- The object is held in one hand throughout the run.
- The object is held steady at shoulder height in front of the runner with extended arm.

Tips:

- Explore running with the baton being passed from hand to hand, around the body, thrown up in the air and have children notice how much extra time is taken to run and how many times the baton is dropped.
- Explore running with two hands on the baton, notice what happens to running speed.
- Prior to the pass, explore running with a steady hand out in front and compare it's success with waving the passing arm about.

COMPONENT D:

- Object is placed on the palms of the receiver, between the fingers and thumbs.

Tips:

- Try having the children passing different shaped objects (teddy's, scarfs, ribbons, hoops).
- Instruct the children to focus on the hands of the receiver, not their face.

Level 1 – Passing Objects

Session Plan 1

Victorian Little Athletics Association

- Components**
- A. Eyes are focused on the hands of the receiver
 - B. The object is held in one hand throughout the run

WARM-UP (10 MIN)

Ball Tag

Equipment 1-3 'soft' balls

Cones or markers

Space Wide open grass area, square marked out.

Formation Children scatter inside a square with 2 taggers each having a ball.

Instructions Children run around inside the square and try to avoid being tagged by the ball. Children can only be tagged between the shoulders and the knees and the tagger must be holding the ball when making the tag. On being tagged the children swap over with the tagged becoming the tagger. The leader can introduce more balls into the game.

SKILL ACTIVITIES (20 MIN)

What's Next?

Equipment 1 ball, baton, teddy bear and quoit per team

Space Wide open grass area

Formation Groups of 4, 2 children at each end

Instructions First child from each end runs to the other end and passes their object to their team member, who then runs back to pass it to the next team member and so on. When the leader calls 'SWAP' the child picks up a different object to run with and the previous object gets placed on the ground.

Variations Children could walk, skip or hop carrying different objects

Circle and Sprint

Equipment 1 large ball per group; 1 relay baton per group

Space Wide open grass area

Formation 2 even groups of 6-10 children

Instructions Group A forms a straight line with the first child holding the baton. Group B forms a circle. On whistle, the first child from group A sprints to the line and back again passing the baton to the next child in the line to have a turn. This continues to the last child has had a turn. At the same time Group B passes a ball around the circle counting how many times the ball gets passed around the circle. Groups then swap over and repeat.

MODIFIED COMPETITION (10 MINS)

How Many?

Equipment Various objects per pair eg. bean bag, baton, nerf ball, teddy bear

Space Wide open area

Formation Pairs standing close together

Instructions See how many front on passes they can do in a row without dropping their object. Score 1 point every time a pass is made in a set time. Bonus points can also be awarded for not dropping the object used. Child A stands behind Child B to pass forwards and then they reverse positions for B to pass to A.

Level 1 – Passing Objects

Session Plan 2

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- Components**
- C. The object is held steady at shoulder height in front of the runner with extended arm.
 - D. Object is placed on the palm of the receiver, between the fingers and the thumb.

WARM-UP (10 MIN)

Shipwreck

Equipment None

Space Wide-open area, boundaries set out

Formation Children scatter in a designated area

Instructions Designate 4 points: North South, East, and West. On the following commands the children act as described below:

Bow – Children run to the north point

Stern – Children run to the south point

Port – Children run to the west point

Starboard – Children run to the east point

Hit the deck – lie face down on the deck

Captain coming – stand at attention and salute

Climb the rigging – action of climbing the rigging

Scrub the deck – Down on knees and scrub the deck

SKILL ACTIVITIES (20 MIN)

Chase It

Equipment 2 different size balls per group

Space Wide open grass area

Formation Groups of 6 to 10

Instructions Children pass the balls around the circle, starting one ahead of the other (cat chases the mouse or dog chases the cat etc).

The activity ends when 1 ball catches up with the other

Variations Children pass 2 batons around circle

Scarecrow Pass

Equipment Various objects per group eg ball, beanbag, soft toy, baton etc
Cones

Space Wide open grass area

Formation Groups of 8-10 in a large square

Instructions Children run around and pass an object to each other. At the same time 2 other children act as taggers to try and stop them from passing by making them into scarecrows. Those who are not scarecrows can only pass around the object. Game continues until there is no free runners left or someone is tagged with the beanbag and made into a scarecrow. Someone tapping his or her shoulder can release a scarecrow back into the game.

Variations Set a time limit for each game. Have more taggers or beanbags in the game.

MODIFIED COMPETITION (10 MINS)

Baton Butterfly

Equipment 1 object per group eg baton, bean bag, teddy bear etc

Space Wide open area

Formation Group of 5 in single file

Instructions First child starts with the object and passes it front on to the next child who receives it in two hands (butterfly grip). This child turns around and using one hand, passes it on to the next child. This continues until the last child receives the object and runs to the front of the line and starts the passing and receiving again. The activity continues until the children are in their original positions. Repeat several times. Award points on the basis of team placing and individual points for good technique.

Level 1 – Passing Objects

Session Plan 3

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- Components**
- A. Eyes are focused on the hands of the receiver
 - B. The object is held in one hand throughout the run
 - C. The object is held steady at shoulder height in front of the runner with extended arm
 - D. Object is placed on the palm of the receiver, between the fingers and the thumb

WARM-UP (10 MIN)

Octopus

Equipment None

Space Large defined grass area, 2 lines about 2m apart.

Formation 2 children in the middle and the rest standing behind a line on one side.

Instructions The children in the middle call 2 children's names. The children named try to run to the other side. When they make it, everyone else tries to get there too. If tagged, that person helps in the middle.

When Octopus is called, everyone has to run to the other side.

SKILL ACTIVITIES (20 MIN)

Down The Line

Equipment 5 cones and 1 object (bean bag, soft ball, teddy bear etc) per group.

Space Wide open grass area

Formation Groups of 4. Group members spread out in a straight line, 15m apart.

Instructions On 'GO', first child runs and passes the bean bag to the next child who turns around to receive it in two hands. Carrying the bean-bag in one hand, this child then runs on and passes to the next person. This continues down the line to the last child. Last child then runs up to the first child's spot and begins the line relay again.

Scarecrow Pass

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