

# 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.

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## Receiving Objects

### COMPONENT A:

- Eyes are focused on the object.

#### Tips:

- Use different coloured objects and have children yell out the colour of the incoming baton.

### COMPONENT B & C:

- Arms slightly bent and hands in front of body.
- Palms face the passer, fingers point out to the side with thumbs crossed (butterfly position).

#### Tips:

- Physically show children the correct hand position.
- Do a pre-race check of correct hand position, give a licence to race to those who have got it right.

### COMPONENT D:

- Receive and control object with elbows bending to absorb the force.

#### Tips:

- Do some catching activities, notice it is easier to catch an object if the arms bend upon catching.
- Explore receiving with stiff arms versus soft arms.

# Level 1 – Receiving Objects

## Session Plan 1

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- Components**
- A. Eyes are focused on the object
  - B. Arms slightly bent and hands in front of the body
  - C. Palms face the passer, fingers point out to the side with thumbs crossed (butterfly position).

### WARM-UP (10 MIN)

#### Fox and Geese

- Equipment** None
- Space** Large defined grass area
- Formation** Groups of 5, 1 child is the fox and the other 4 are the geese
- Instructions** The geese are linked by the children holding the child's waist in front. The front goose has to protect the others by blocking the path of the fox, who is attempting to tag the last goose.  
Rotate the position so everybody gets a turn at being the fox.

### SKILL ACTIVITIES (20 MIN)

#### Hot Potato

- Equipment** 1 baton per group, 6 cones per group
- Space** Wide open grass area
- Formation** Groups of 4 to 6 in a line
- Instructions** Children line up side by side about 1m apart, standing next to a cone. Children pass the baton down the line and back again, using one hand to pass and the other to receive. When the baton reaches the start again the leader sprints to the line 15m away again. He or she gives the baton to the next child who starts the activity off again. The leader moves down to the end of the line. The activity continues until all children are back in their original places.
- Variations** The leader could skip, hop or bounce the ball out to the line and back again  
Use different objects such as balls and soft toys etc

#### Beat It

- Equipment** 1 ball, teddy bear, baton, or nerf ball per group  
Six cones per group
- Space** Wide open grass area
- Formation** Groups of 6 to 8 children standing in a line and cones spread out in a line. Each group passes their object down the line while another person skips or hops, walks or jumps around aiming to beat the object being passed down the line. This continues until all children have had a turn of each role.
- Variations** Groups could challenge each other in completing the whole circuit. Use different objects to pass down the line.

### MODIFIED COMPETITION (10 MINS)

#### Shuttle Relay

- Equipment** 1 object per group eg. baton, beanbag, teddy bear.
- Space** Wide open area
- Formation** Groups of 4-6 half at each end about 20m apart.
- Instructions** On 'Go' the first child runs through and passes the object to the third child and so on until everyone has had a turn. Team that finishes first wins the shuttle relay competition.
- Variations** Use different objects eg soft toys, beanbags, quoits etc.

# Level 1 – Receiving Objects

## Session Plan 2

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- Components**
- C. Palms face the passer, fingers point out to the side with thumbs crossed (butterfly position).
  - D. Receive and control the object with elbows bending to absorb the force.

## WARM-UP (10 MIN)

### Spin The Leader

**Equipment** Whistle, cones

**Space** Large defined grass area, square marked out

**Formation** Random

**Instruction** The leader stands spinning slowly in the centre of the defined area. Children spread out and run around the area in the direction indicated by the leader. The leader stops spinning, blows a whistle and points to a boundary. Children run as fast as possible to that boundary.

## SKILL ACTIVITIES (20 MIN)

### Catch Me If You Can

**Equipment** Tennis balls, Nerf balls, Soft balls, Baton.

**Space** Wide open area

**Formation** 2 groups of 6-10

**Instructions** Each group of children form a circle standing close to each other in their circle. Leader of each group starts by passing an object clockwise to the next child and so on around the circle. The aim is to see how many laps or people the ball can travel in a set period of time eg 30secs

**Variations** Children have races to see which group gets back to the start first.

Children pass 3 objects around the circle

Time the groups to see how long they can pass the ball around the circle until it is dropped.

### Let's Pass

**Equipment** 1 object per pair eg ball, bean bag, teddy bear

**Space** Wide open area

**Formation** Pairs

**Instructions** Children pass an object to their partner in various ways; overhead; under and over; sideways etc

**Variations** Use different size objects and pass and receive using both hands, one hand, or one hand to two hands. Change method every 4 passes

## MODIFIED COMPETITION (10 MINS)

### Circular Relay

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

**Space** Wide open area

**Formation** Groups of 5, standing in a circle

**Instructions** The outside child starts with the object and runs around the outside of the circle and passes the object to the next child in their group. This child does the same and passes it on to the next person in their group. This continues until everyone has had a turn. Repeat activity 3 times. Award points for team placing's and individual good technique.

# Level 1 – Receiving Objects

## Session Plan 3

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- Components**
- B. Arms slightly bent and hands in front of body.
  - C. Palms face the passer, fingers point out to the side with thumbs crossed (butterfly position).
  - D. Receive and control the object with elbows bending to absorb the force.

### WARM-UP (10 MIN)

#### Pick A Number

**Equipment** None

**Space** Large defined grass area

**Formation** Lines of 4-8 people numbered 1,2, 3, 4 etc

**Instructions** The leader calls out a number and all children with that number run around their team and back to their place  
The first person back gets a point for their team. The leader can call out more than one number at a time

**Variations** Leader calls out 'Everyone' and children run to a designated point and back again. First group back wins.

### SKILL ACTIVITIES (20 MIN)

#### 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.

#### 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.

### MODIFIED COMPETITION (10 MINS)

#### Star Relay

**Equipment** 1 object per group, eg. baton, bean-bag, teddy bear, 5 cones or markers

**Space** Large defined grass area.

**Formation** Place the cones to make a 5 point star formation. Groups of 5.

**Instructions** 1 child from each group standing at each point of the star. Cones should be approximately 10-12m apart. On 'GO' the first child from each group runs to the next point to pass the object. The receiver must then run to the next point and the game continues until all children are back in original positions.

**Variations** Alter the sequence of relay legs. Instead of running to each point around the outside of the star, children must run direct to every second cone.