

OVERVIEW

DURATION	10 mins
AGES	6+
PACE	6.60 - Fast jog
RPE	9.0 -
MILES RATING	1.10
STAGE(S) OF ATHLETIC DEVELOPMENT	Active for Life FUNdamentals (Age 6-9) Late Entry Learn to Train (Age 9-12) Train to Train
SKILL LEVEL	Advanced, Intermediate
DEVELOPMENT FOCUS	Fundamental Movement Skills Locomotor: Hopping, Jumping, Running, Skipping Life Skills Social: Working with others Physical Capacities: Speed
SPORT(S)	Basketball, Cross-Country Running, Running, Soccer, Track & Field
EQUIPMENT	Beanbags, Hoops, Tape
ENVIRONMENT	Corral, Field, Gym
CAN BE USED AS...	Game / Activity, Warm-up
SHAPE America Standards:	Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. <ul style="list-style-type: none"> • S1.E2 Locomotor: Jogging, running

Setup

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Use hoops or other markers to create a tic-tac-toe board at one end of the playing area.

- Designate a starting area and place participants in teams of up to three for a relay race –(increase team size to provide additional rest).
- Provide each team with three playing pieces of the same color (cones, beanbags, etc.).



Instructions

- Teams race to the board, place a piece in a hoop, return to tag a teammate, and so on until one team achieves tic-tac-toe (three pieces in a row).
- Once all three pieces have been used, participants return empty-handed to move the pieces around the board.
- Have the winning team reset the board for the next game.

Progressions/Modifications

- Start teams on opposite sides to develop greater spatial awareness.
- Have participants complete other locomotor movements to get to/from the board (e.g., hop, skip, gallop, crab walk).
- Use a variety of starting positions (twisties, etc.).
- Expand the board to play connect four.