



Track & Field: Javelin Relay

It is time to visit Greece! Track and Field is the oldest form of organized sport and was a part of the very first Olympic Games that occurred in Athens, Greece.

Activity Instructions:

1. Today's track and field activity is called the Javelin Relay. The object of the game is for each team to get all 6 hoops across the activity area and then create a Hoop Tower.
2. On the start signal, the first teammate in line throws the javelin (pool noodle) as far as they can towards the ending cone across from where you began. After throwing the javelin, they run to the back of the line so there is a new leader. The new leader moves the team's line to where the javelin landed, picks it up and throws it again helping it get closer to the ending cone with each throw. This continues until the javelin is all the way across the space past the ending cone.
3. The team picks up one of their hoops and brings it back with them to the starting cone. Continue this process with a new teammate as the leader. Repeat until all 6 hoops have been collected.
4. Finally, teams work cooperatively to build a hoop tower by their starting cone using the 6 hoops. First team to complete their hoop tower wins!

