PRESCHOOL STATIONS

COMMUNITY, FRIENDSHIP, SPORTS, FUN!



Special Olympics
Unified Champion Schools

IDEAs that Work
U.S. Office of Special Education Programs

LITTLE FEET MEET

Young Athletes is an innovative sports play program for children ages 2 -7. The program consists of a series of developmentally appropriate activities designed specifically for young children. The program seeks to strengthen physical development and self-esteem for children by building skills for future sports participation and socialization prior to Special Olympics competition eligibility at age 8.

Preschool children participate in eleven stations designed to develop sports skills for young children of all ability levels. A description of the eleven stations and the equipment required are outlined within this book.

What can be better than a day of fun activities, smiles and cheers? This is a day that preschool children will remember as one of the highlights of their preschool years.

This guide outlines the eleven preschool stations featured at the Little Feet Meet. Practice these activities with your students prior to the Little Feet Meet.

STATION 1
WEIGHTLIFTING



Equipment Required

- 1 wood dowel (4’ long and ¾” diameter)
- Use two 2-liter bottles filled with foam shapes, tissue paper or other light and colorful materials.
- Duct tape a filled bottle to each end of the wood dowel.

Description

- The athlete bends their knees and lifts the barbell over their head with both hands as they straighten their legs.

Instruction Sequence

- Show the athlete where to put their hands.
- Direct the athlete to bend their knees and lift the barbell over their head as they straighten their legs.

STATION 2
OBSTACLE COURSE



Equipment Required

- 2 spots
- 3 cones
- 1 mini hurdle
- 2 rings

Description

- Athlete starts at the spot, weaves in and out of three cones, jumps in and out of two rings with two feet, jumps over the mini hurdle, and runs to the spot and stops.

Instruction Sequence

- Direct the athlete to stand on the spot.
- Show the athlete how to walk or run in and out of the cones.
- Show the athlete how to jump in and out of the rings with two feet.
- Show the athlete how to jump over the mini hurdle.
- Direct the athlete to stop at the spot.

STATION 3
SOCCER



Equipment Required

- 1 soccer ball
- 1 large pop-up goal or 2 cones
- 1 spot

Description

- Athlete kicks the ball into the goal or between the two cones.

Instruction Sequence

- Direct the athlete to stand on the spot.
- Direct the athlete to walk or run to the ball and kick the ball into the goal or between the two cones.



STATION 4
BALL RACE

Equipment Required

- 1 bucket or basket
- 1 foam or flyweight ball
- 1 spot

Description

- Athlete runs to the bucket/basket carrying the ball, puts the ball in the bucket/basket, and runs back to the start.

Instruction Sequence

- Direct the athlete to stand on the spot.
- Give the athlete the ball and direct the athlete to run to the bucket/basket and put the ball in the bucket basket.
- Direct the athlete to run back to the start.
- Say “Ready, Set, Go!” to start.

STATION 5
BEAN BAG TOSS



Equipment Required

- 1 basket
- 3 bean bags
- 1 spot

Description

- Athlete tosses the bean bags into the basket.

Instruction Sequence

- Direct the athlete to stand on the spot.
- Instruct the athlete to toss the bean bags into the bucket using either an underhand or overhand motion.



STATION 6
BASEBALL

Equipment Required

- 1 t-ball stand
- 3 wiffle balls
- 1 plastic bat or foam paddle

Description

- The athlete hits the ball off of the tee.

Instruction Sequence

- Determine if the athlete is right-handed or left-handed.
- Position the athlete accordingly on the left or right side of the ball.
- Instruct the athlete to hold the bat or foam paddle at the bottom with both hands together and the dominate hand on top.
- Instruct the athlete to swing and hit the ball.

STATION 7
HOCKEY



Equipment Required

- 1 floor hockey stick or foam paddle
- 3 hockey balls (or use foam/flyweight ball if hockey ball is too small)
- 1 small pop-up goal or two cones
- 1 spot

Description

- The athlete hits the ball into the goal or between the two cones.

Instruction Sequence

- Determine if the athlete is right-handed or left-handed.
- Position the athlete accordingly on the left or right side of the ball.
- Instruct the athlete to hold the hockey stick or foam paddle with both hands and the dominate hand down low.
- Instruct the athlete to hit the ball into the goal or between the two cones.

STATION 8
BOWLING



Equipment Requirements

- 3 bowling pins
- 1 foam or flyweight ball
- 1 spot

Description

- Athlete stands or sits and rolls the ball at the pins.

Instruction Sequence

- Direct the athlete to stand or sit on the spot.
- Instruct the athlete to roll the ball underhand to knock down the pins.

STATION 9
BALANCE BEAM



Equipment Requirements

- Blue foam balance beam

Description

- Athlete will walk forward from one end of the balance beam to the other.

Instruction Sequence

- Direct athlete to stand at one end of the balance beam and walk across placing one foot in front of the other until they reach the other end.
- Athletes can also be instructed to walk backward, side-step or straddle the beam from one end to the other.

STATION 10
TOSS & CATCH SCARVES



Equipment Required

- Scarves

Description

- Athlete will toss a scarf up in the air and catch it before it hits the ground.

Instruction Sequence

- Instruct athlete to toss the scarf above their head and catch it before it falls to the ground.



STATION II
SPOT TO SPOT

Equipment Required

- 10 numbered spots

Description

- Arrange 2 rows of staggered 5 spots numbered 0 - 9. Athlete will jump or side step from spot to spot.

Instruction Sequence

- Direct athlete to begin by jumping (or stepping) onto the first spot with the number 0.
- He/she will then jump off the first spot and hop or side step from one spot to the next and end by jumping onto the number 9 spot.

RESOURCES

- **Sports Equipment -** Special Olympics Virginia will provide preschool and K – 5 sports equipment for each participating elementary school allowing students with and without intellectual disabilities to practice together in preparation for the Little Feet Meet

- **Little Feet Meet Awards –** Special Olympics Virginia will provide Little Feet Meet ribbons. Blue, red and yellow ribbons are available.

- **Little Feet Meet Participant Cards –** Young Athletes receive a sticker on their cards at each station and the distance/time for each K-5th grade student is recorded on their cards.

- **Choose to Include -** Special Olympics has long been a movement for people with intellectual disabilities. Today, it is also a movement by them. The Choose to Include campaign reminds students that when we give others the chance to fulfill their dreams, everyone wins. Invite students to take the pledge and Choose to Include. Order supplies at **https://tinyurl.com/ChooseToIncludeVA** to launch a Choose to Include campaign at your school.

- **Young Athletes–** Young Athletes is a unique sport and play program for children ages 2 to 7 with and without intellectual disabilities. Our focus is on fun activities that are important to mental and physical growth. It can be offered at home, in schools, or in the community using Special Olympics resources and simple sports equipment. Learn more at **https://resources.specialolympics.org/sports-essentials/young-athletes.**

- **Young Athletes at Home –** Families can participate in Young Athletes together by utilizing household supplies and watching easy to follow videos. Easy to follow activities are available in multiple languages. Join in the fun at **https://resources.specialolympics.org/sports-essentials/young-athletes/young-athletes-at-home.**