

SCOOTER DASH

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Everything is better on WHEELS! Scooter Dash can prove it. This program is designed to provide a new twist on old habits. If you think Freeze Tag is fun, try it on a scooter. If you love an obstacle course, see what it's like when you roll on through it. This gym class favorite has made its way to after school and Overtime Athletics is ready to put you in the driver's seat!

Skills to focus on: Spatial Awareness, Team Work, Hands and Feet motor skills, Proper Scooter Movement, Respect for the Equipment

Facilities: Indoor Space, Hardfloors, Gym

Safety: Watch out that fingers don't get pinched in the wheels. Make sure hair doesn't get caught in the wheels. Be aware of others around you. DO NOT stand on the scooters. Stay in control of your scooter at all times. Respect other participants and the equipment.

Tips: It's important to let the participants "warm up" with the scooters. Allow them to move, spin, roll, etc. safely individually before getting into the first organized activity.

Skills/Drills

1. Exploration:
 - Propelling with Feet and Hands
2. Stomach Scooting
3. Knees Scooting
4. Tootsie Roll Scooting
5. Shapes Scooting
6. Partner Scooting

17. Steal the Bacon
18. Prisoners Base
19. Basketball
20. Ultimate Frisbee
21. Push Off
22. Superman
23. Scooter Bowl
24. Turkey Hunt
25. Pin Ball
26. Top Gun
27. Pac Man
28. Monster Ball
29. Horse and Wagon Race
30. Tag Tournament

Games

1. Obstacle Course
2. Bump and Bite
3. Scribble Tag
4. Grab and Go
5. Hand Ball
6. City
7. Safe Base
8. Spider Tag
9. The Caterpillar
10. Numbers Game
11. Relay Races
12. Red Light Green Light
13. Marco Polo
14. Tractor Pull
15. Nascar
16. Scooter Bowling