

TODDLER TROT TRAINING LOG

CHILD'S NAME: _____

CHILD'S AGE ON RACE DAY: _____

PHYSICAL ACTIVITY/MOTOR SKILL DEVELOPMENT >> To complete your child's 'marathon' of 26 different motor skills, check off each skill as he/she accomplishes them.

If he/she masters them rather easily, see if they can increase repetition/time for each skill.

If he/she needs a little extra time, keep practicing until they are confident in the skill.

BALL SKILLS

(catching, throwing, kicking, striking, underarm roll)

- ☐ Kick a ball forward
- ☐ Throw ball overhand
- ☐ Throw ball underhand
- ☐ Throw ball with non-dominant hand
- ☐ Catch a ball with hands (use body to help if needed)
- ☐ Roll a ball forward on the ground
- ☐ Roll a ball to a partner and have them roll it back.
- ☐ Hit a ball forward with bat or stick

LOCOMOTOR SKILLS

(running, jumping, hopping, climbing, skipping, leaping)

- ☐ Run with arms moving back and forth
- ☐ Jump forward and backward with 2 feet together
- ☐ Jump over an object and land with both feet together
- ☐ Jump up and spin around in a circle
- ☐ Hop up and down with 2 feet together 5 times in a row
- ☐ Climb jungle gym (with supervision)
- ☐ Climb stairs with alternating feet
- ☐ Practice skipping
- ☐ Pedal a tricycle
- ☐ Pump legs to move a swing

BALANCE SKILLS

(body remains in place but moves around horizontal and vertical axes)

- ☐ Walk forward on a straight path with arms out
- ☐ Balance on a curb
- ☐ Walk on tip toes
- ☐ Stand on one foot for up to 10 seconds; alternate sides
- ☐ Hop on one foot; alternate side
- ☐ Tree pose - with one leg straight, place opposite foot on the straight leg above or below the knee. Hold for 10 seconds; switch sides.
- ☐ Walk with bean bag or similar items on head for 10 steps.
- ☐ Walk forward in straight line with eyes closed

Turn in the 2-page, completed training log at the Kids of STEEL tent in Point Start Park on Saturday, May 6 to receive your child's finisher prize.

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NUTRITION/TASTE THE RAINBOW >> help your child try colorful foods that are good for their growing bodies. Have them try 5 new fruits, vegetables or beans in each color group and write down what they ate. Let them choose a bonus 26th food they want to try. *Always be present when your child is trying something new for the first time in case they have an allergic reaction.*

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RED FOODS

(ex. strawberry, radish, red kidney beans)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

YELLOW/ORANGE FOODS

(ex. orange pepper, squash, banana)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

GREEN FOODS

(ex. spinach, green lentils, lettuce)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

BLUE/PURPLE FOODS

(ex. eggplant, blueberries, purple grapes)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

BROWN/WHITE FOODS

(ex. onions, mushrooms, navy beans)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

BONUS FOOD

BONUS FOOD:

COLOR:
