

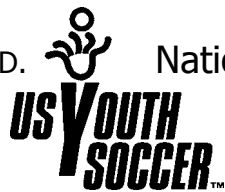


Lesson Plan


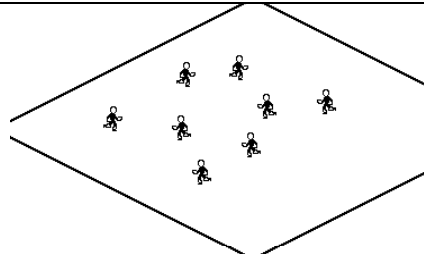
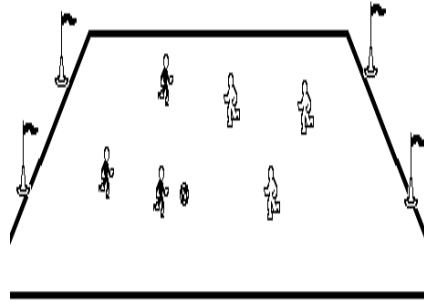


| Activity Name | Description | Diagram | Purpose/Coaching Points |
|---|---|---|--|
| <p>1</p> <p>I can do something can you?</p> | <p>The coach begins the activity by saying “I can do something can you?” and demonstrating a physical activity such as jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asked the children, “what can you do?” and takes their suggestions.</p> |  | <p>Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.</p> |
| <p>2</p> <p>Snake in the Grass</p> | <p>In an area 15 yds x 15 yds, two children begin by being “snakes” by lying on their stomachs. The other children’s starting position is with their hands touching the “snakes.” On the command “snake in the grass” the children try to stay away from the snake while the snake slithers around trying to catch a child. When any child is caught he/she becomes an additional snake. The activity continues until every one is a snake.</p> |  | <p>The children move in all directions trying to avoid the snakes. Once snakes, the children try to work together to create more snakes.</p> |



Lesson Plan

Age: U6

| | | | |
|----------------|--|---|---|
| 3 | | | |
| Find the Coach | The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, “find the coach” the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes. |  | This activity becomes “chase and flee” quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target. |
| 4 | | | |
| Everyone is it | In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds. |  | The children must be aware of their surroundings and make decisions about where to go and where to avoid. |
| 5 | | | |
| 3v3 | The activity ends playing 3v3. |  | This is free play. |