

<b>Age: 5 - 7</b>	<b>Sport: Bonus</b>
<b>Duration: 55 mins</b>	<b>Stickers: Bonus Stickers</b>

<b>Instructions</b>	<b>Language</b>
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<b>Welcome!</b>	<b>Equipment: N/A</b>
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<p>Welcome everyone back to GoPlay!</p> <p>1. Explain that this is the last week so we will be having a bonus week of some of our favourite games and skills from the season</p>	<p>We can't believe it is the last class!</p> <p>For the last session, we are going to have a super fun bonus week!</p> <p>This means we are going to be touching on a few different activities and skills we have learned!</p>
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<p><b>Note:</b></p> <ol style="list-style-type: none"> <li><b>1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li><b>2. Complete 2-3 warm-up actions.</b></li> <li><b>3. Then, always move into the second warm-up again after.</b></li> </ol>
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<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	<b>Equipment: Cones</b>
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<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have a movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>- Reach high to the sky</li> <li>- Jumping jacks</li> <li>- Reach low to the ground</li> <li>- Arm circles</li> <li>- Running on the spot</li> <li>- High knees</li> </ul>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
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<b>Hot Potato Tag</b>	<b>Equipment: Balls, cones</b>
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<p>Set up a line of cones in the middle of the play space.</p> <p>Have the kids partner up and stand across from each other with the cone between them. So all the players will be in two lines facing one another, so they are standing across from their partner.</p> <p>The cone is just to keep the kids organized with their partner and in lines.</p> <p>Create a fun word with the group, that will be the word the kids are listening for during the game.</p> <p>When coach says go, partners gently pass and catch the ball with one another like hot potato.</p> <p>When coach says the chosen fun word, the player who has the ball in their hands must run to the wall behind them.</p> <p>Clarify: The player without the ball becomes the tagger and must try to chase and tag their partner before they reach the wall.</p>	<p>Okay GoPlayers!, with the person across from us, we are going to gently pass the ball back and forth.</p> <p>When coach yells out the chosen word, the person who has the ball in their hands has to turn around and run as fast as they can to the wall!</p> <p>The one who does not have the ball will cross the cone line and run after their friend to try and tag them.</p>
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**Physical Skills ~ 15 - 20 mins**

**Cone Knockdown**

**Equipment: Ball, cone/pylon**

Have all of the kids start at one end of the play space.

Put a cone at the other end of the play space.

To start the game coach will throw the ball to one player. They will catch it and then they have to stay where they are and can only pivot.

The rest of the GoPlayers can move and are trying to progress across the play space.

The goal is to pass the ball all the way down and then knock the cone over.

Okay GoPlayers!, we are all going to go to this side of the play space.

Does anyone remember when we played team hand ball?

Since it is our last class, I think we should try it again to see how well we work as a team and how much we have improved!

Remember, the goal of this game is to pass the ball all the way down and knock over that cone (point to cone).

But... if you are the one with the ball, your feet are GLUED to the ground and you can only pivot to pass the ball to the next person.

Does anyone know what pivot means?

Let me show you! (Demonstrate)

Can you all show me how to pivot now.

Awesome!

If you do NOT have the ball, you can move so that we can get to the cone!

In order to make it all the way to the other side, we need to be **communicating**. We need to be using our voices to tell our friend who has the ball that we are ready for them to pass!

**Octopus Tag**

**Equipment: N/A**

Create two lines of cones on either end of the play space.

These will be the safe zones.

One person will start being it. They are the octopus.

Everyone starts at one end in the safe zone.

When the octopus yells "Go!", everyone has to run to the other safe zone without getting tagged.

When someone is tagged they have to sit down where they are tagged. They then become seaweed.

The seaweed can help the octopus tag others by reaching their arms out as the kids run past them.

Okay GoPlayers! we have travelled under water!!

Who remembers octopus tag??

For this game of tag, there are two safe zones. Can everyone point to the two safe zones?

Perfect!

Now, the person who is it will be the octopus. If you get tagged by the octopus while running to the other safe zone, you have to sit on the ground and become seaweed!

You can help tag by using your seaweed arms.

**Social Skill ~ 10 - 15 mins**

**Elephant Ball**

**Equipment: Playground ball**

Players will stand in a circle facing inward, with their legs spread a little more than shoulder width apart, and feet resting against those of the players to either side.

Players will hit the ball with both hands clasped with the goal of knocking it through the legs of another player and trying to prevent it from going through their own legs.

Try it like this for a few rounds and then **level up**: each time the ball is scored through a player's legs, they lose one arm.

When both arms are out, they only remain standing with their legs wide and become a "Black Hole", so that if other players accidentally score, they lose one arm.

Note: if you have a larger group and have two coaches, split the class into two so you can have two games going and the kids get to play more!

Okay GoPlayers!, it is our last class and we should play another game that has us **work together** as one group!

Who remembers elephant ball??

We are going to get in a circle and make sure our feet are just touching.

Let's see if we can get it through our friends legs!

<b>Game/Fun Activity ~ 10 - 15 mins</b>	
<b>Crab Soccer</b>	<b>Equipment: Playground/soccer balls, nets/cones to make net</b>
<p>Start by having all of the kids practice their crab walk</p> <p>Have one net set up on either side of the play space.</p> <p>Have the kids split into two teams.</p> <p>Put 3-4 balls spread out in the play area.</p> <p>The players are trying to score on their opponents net.</p> <p>Except everyone has to be crab walking while playing!</p>	<p>Who remembers playing soccer like a crab??</p> <p>Let's see everyone do their crab walks!</p> <p>Feet on the ground, hands on the ground behind you, walking on "all fours" with your belly up to the sky!</p> <p>Who thinks they can play soccer in a crab walk again?!</p> <p>I think you can! Let's try!</p>
<b>Clean-Up</b>	
<b>Equipment: N/A</b>	
<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the balls to me!</p> <p>Now let's do it again for ____!</p>
<b>Review!</b>	
<b>Equipment: n/a</b>	
<p>Review some of the fun things we have done or skills we have learned this season!</p> <p>Some sports were: Soccer, flag football, lacrosse, volleyball</p> <p>Some skills were: Patience, leadership, listening, teamwork, sharing</p>	<p>GoPlayers! I can't believe we are all done!</p> <p>Thank you for having an awesome season of all kinds of sports and social skills!</p> <p>Can anyone think of some that we did?</p>
<b>Cheer!</b>	
<b>Equipment: N/A</b>	
<p>GO! PLAY! GO! PLAY!</p> <p>Have the coach yell 'GO' and the kids yell 'PLAY'</p>	<p>Be as LOUD as you can!</p> <p>I can't hear you!</p> <p>Again, louder!!</p>
<b>Stickers</b>	
<b>Equipment: Sticker boxes</b>	
<p>Hand out Bonus Stickers</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>