

Age: 1.5 - 3	Sport: Bonus Week
Duration: 45 mins	Stickers: Bonus Stickers!

Instructions	Language
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Welcome!	Equipment: N/A
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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>Note:</p> <ol style="list-style-type: none"> 1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at. 2. Complete a couple laps around the circle as a bird (1-2). 3. Then, always move into the second warm-up again after.

Warm-Up: Get Moving! ~ 5 - 10 mins	Equipment: Cones
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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 favourite bird they want to share.</p> <p>If they do, try to move around the circle like that animal.</p> <p>Another option is to suggest birds to the group (if the kids are shy or you want to incorporate a few other animals).</p> <p>Then move around the circle like that animal.</p> <p>Some examples: - eagle: move with big flying wing motions - owl: move with small little wing motions</p>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>How do birds move? Yes, with wings to fly.</p> <p>Some birds have big wings, some have smaller wings.</p> <p>Does anyone in the group have a favorite bird they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's move around the circle like a ____.</p> <p>Or</p> <p>Who wants to know coach's favourite bird?!</p> <p>I think we should be.... (use examples)</p>
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Funny Races	Equipment: N/A
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<p>Have the parents and kids line up on one end of the play space.</p> <p>Everyone has to run from one side of the playing area to the other while being a silly animal or character.</p> <p>Have each kiddo choose a different animal or character for each pass - if it is a big group, coach should choose so you aren't running for 10 straight minutes or make the playing field smaller!</p>	<p>Who remembers our funny races??</p> <p>Okay GoPlayers!, Let's all RUN RUN RUN to the other side of the play space like a _____.</p> <p>I want to see you be as silly as you can!</p>
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Physical Skills ~ 10 - 15 mins Busy Bees	Equipment:
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<p>All of the kids will have their own ball.</p> <p>They should spread out with their ball around the play space.</p> <p>The kids will be practicing their dribbling they worked on during soccer to keep the ball close to them while they move around.</p> <p>When they get close to their parent or a coach, kiddos will be trying to kick the ball at their parent or coach's feet.</p>	<p>Who remembers being busy bees when we played soccer??</p> <p>Should we play that game again?! Yes!</p> <p>You are all now bees!</p> <p>Does everyone know what a bee is? Do they buzz around? Let's hear our buzzing bees!</p> <p>Bees also have stingers. Right now, our stingers are going to be the soccer balls.</p>
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<p>The kids are being the bees who are trying to sting their parent or coach by kicking the ball.</p> <p>The parents/coach can react by jokingly saying “ouch” or “you got me!”</p>	<p>We are going to dribble our ball around and the goal will be to aim and kick the ball at our parents or coaches feet to sting them!</p>
<p>Hungry Hippos Equipment: Hula hoops, balls</p>	
<p>Put hula hoops around the play space.</p> <p>Spread the balls around the play space as well.</p> <p>In this game, the balls are food and the hula hoops are hungry hungry hippos!</p> <p>When coach says go, the kids have to move the balls into the hula hoops.</p> <p>Create different variations of how the kiddos can move the balls, or which balls the hippos are hungry for.</p>	<p>Does everyone see the hula hoops?</p> <p>Those hula hoops are now hippos and they are very very hungry!</p> <p>We need to feed them by getting all of the balls into their mouths!</p> <p>For this game we can feed them in ANY way we want!</p> <p>Maybe you want to use your feet like we practiced in soccer, or carry it tight to your body like we did in football.</p> <p>Now let’s feed the hippos!</p>
<p>Social Skill ~ 10 mins Hot Potato Passing Equipment: Balls, cones</p>	
<p>Set out cones in a circle (one for each kiddo).</p> <p>You want to put them a good distance apart so that the parent/kid can pass the ball to the person next to them easily.</p> <p>Have the GoPlayers and their adult find a cone to sit at.</p> <p>Only have one ball.</p> <p>Give it to one GoPlayer to start. They will then pass the ball to the person next to them.</p> <p>First try just passing the ball all the way around the circle to get back to the first person.</p> <p>Then, start passing the ball and when coach says FREEZE, the one with the ball has to stop.</p>	<p>Okay GoPlayers! let’s find a spot in the circle and take a seat.</p> <p>We have made SO many awesome friends this season. Let’s play one more game where we all share together!!</p> <p>We have done this before, so I know we will be even better at it!</p> <p>We are going to try to pass the ball ALL the way around the circle! We are going to all have fun by sharing the ball!</p> <p>We will only have the ball for a quick second and then we want to give it to our friend beside us.</p> <p>The ball is going to travel around the entire circle.</p> <p>Good job, GoPlayers! That is awesome sharing with the ball!</p> <p>Now, let’s see if we can turn those listening ears on again.</p> <p>We are going to pass the ball around the circle again, but this time when coach says FREEZE! Whoever has the ball has to stop passing and hold onto it.</p> <p>When coach says go, we can keep passing, keeping our listening ears turned on for the next time coach yells FREEZE.</p>
<p>Game/Fun Activity ~ 10 mins Lava Monster Equipment: Hula hoops</p>	
<p>Spread hula hoops all around the play space.</p> <p>Have the kids spread out as well, finding a spot to start in.</p> <p>When coach says go, all of the kids have to run around the play space. Once coach starts counting down from 10, the kids have to find a hula hoop to stand in.</p> <p>After coach is finished counting down, they will go around and make sure all the kiddos are in a hula hoop.</p> <p>Depending on how the game is going, you can take away a hula hoop each round.</p>	<p>Coach is no longer the coach! We have turned into lava monsters! Uh oh!</p> <p>The only way to stay safe from the lava monsters is by finding a hula hoop to stand in with your friends.</p> <p>But you can only go in the hula hoops when the lava monster starts counting down from 10.</p> <p>Let’s do a practice round, what will you all do when you hear 10, 9, 8...</p>
<p>KaBOOM Race Equipment: N/A</p>	

<p>Wrap up the session with a high energy game of KaBOOM races!</p> <p>Let the kids be as silly and funny as they want to be to finish up.</p> <p>All of the kids and parents will line up on one end of the play space.</p> <p>Coach will be on the other side.</p> <p>On coaches go, the parent and kids can move/run towards coach. When coach yells "KaBOOM!!" all of the kids have to do their biggest and silliest KaBoom to the ground.</p> <p>Make sure coach is doing it too to make the kiddos laugh!</p>	<p>Okay GoPlayers! Let's go out with a big KaBOOM!</p> <p>For this last game, I want us to be as SILLY, as FUNNY, as GOOFY, as we can be!!</p> <p>You are all going to run, run, run towards coach and when you hear "KABOOM!", you all have to explode to the ground with your biggest jump EVER!</p> <p>Who thinks they can do that??!!</p>
<p>Clean-Up Equipment: N/A</p>	
<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>
<p>Review! Equipment: N/A</p>	
<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, track and field, t-ball</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>
<p>Cheer! Equipment: N/A</p>	
<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>
<p>Stickers Equipment: Sticker boxes</p>	
<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>