

Age: 1.5 - 3		Sport: Flag Football 1	
Duration: 45 mins	Physical Skills: Throwing/catching, using the flags	Social Skill: Listening	Stickers: Flag Football, Listening

Instructions	Language
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Welcome!	Equipment: N/A
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> 1. Introduce the sport - holding out football 2. Talk about the actions we do in football. 3. Introduce the social skill. 3. Talk about what listening is and how we use it. 	<p>Has anyone seen this ball before?</p> <p>Today we are playing...Football! In football, we use our hands to carry and run with the ball.</p> <p>We do this by holding the ball tight into our bodies like we are giving our favourite stuffed animal a BIG hug!</p> <p>Another important skill when working with others is listening.</p> <p>Let's all turn on our listening ears right now as a group! (pretend to turn on your ears by physically doing the motion and have the kids do this too).</p> <p>When coach is talking and you are all looking at me and staying quiet, you are all practicing listening! So we know how to do this already!</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 animals (1-2). 3. Then, always move into the second warm-up again after.
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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 animal 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 animals 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:</p> <ul style="list-style-type: none"> - rabbits/bunnies: hop around the circle - penguins: waddle around the circle with feet turned out - giraffe: stand on tippy toes and put both arms up in the air for the neck and walk around the circle - cheetah: run as fast as you can around the circle 	<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 favorite animal 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 animal?!</p> <p>I think we should be.... (use examples)</p>
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Hula Hoop Relay	Equipment: Hula hoops, cones/pylons
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<p>Set up a row of a few cones/pylons on one end of the playspace.</p> <p>Put the hula hoops on the other end of the playspace.</p> <p>The kiddos and their parents will start at the end with the hula hoops.</p> <p>If you feel like the group can handle a relay, have them 1 or 2 at a time pick up a hula hoop with their parent and they</p>	<p>Okay GoPlayers! Let's get our bodies moving!</p> <p>We are going to work with our adults to get all of the hula hoops to the other side and over the cones!</p> <p>Coach will demonstrate! Everyone have their eyes on coach!</p>
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<p>have to both hold on to it and put it over one of the cones/pylons on the other side.</p> <p>When they run back to the start, the next 1-2 players can go.</p> <p>If the group cannot handle a relay, you can have everyone go at once, running back and forth to get all of the hula hoops over the cones/pylons.</p> <p>If possible, you can only put cones/pylons out that match the colours of the hula hoops. This way you can make a rule that the colours must match!</p>	
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<p>Physical Skills ~ 10 - 15 mins Throwing & Catching</p>	<p>Equipment: Balls</p>
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<p>Start by having the kiddos be reminded of how to throw and catch a football.</p> <p>Have the kids/parents find a spot in the play space and pass the ball back and forth.</p> <p>This does not need to be a long activity. The main point is to get them warmed up to the ball and sport again.</p>	<p>GoPlayers! Let's get used to using the footballs again. We are going to keep warming up by passing with our parents.</p> <p>We want to throw with one hand. Turn your body, point, ball by the ear and throw!</p> <p>Make sure our parents are ready by saying "READY?" before we pass!</p> <p>When our parent is passing back to us, we want to catch the ball tight into our body like our favourite stuffed animal! Give the ball a big hug.</p>
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<p>Touchdown Dance!</p>	<p>Equipment: Footballs, cones</p>
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<p>Put a line of cones on one end of the space.</p> <p>Have each kid line up with a football on the other end of the space.</p> <p>When the coaches say go or blow their whistle, the kids will run to the other side, past the line of cones (into the end zone).</p> <p>Once they get there, they will throw their ball down on the ground and do their touchdown dance!</p> <p>Repeat a few times to warm them up.</p> <p>Make sure you are doing your best touchdown dance as coach so the kiddos feel more comfortable and open to dancing themselves.</p>	<p>Okay GoPlayers! one of my favourite parts of flag football is what we do when we get a touchdown!</p> <p>We get a touchdown by running with our ball across the line of cones, throwing our ball into the ground, and then..... TOUCHDOWN DANCE.</p> <p>I want to see your best, most silly touchdown dances EVER!</p>
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<p>Social Skill ~ 10 mins What Time Is It Mr. Wolf Football Edition</p>	<p>Equipment: Belts, flags</p>
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<p>Have all of the kiddos put a belt on. Just put one flag on each kid's belt.</p> <p>This is going to be a standard game of What Time Is It Mr.Wolf, but when coach yells lunchtime and all the kids have to run back, the coach will be trying to grab the flag off of their belts.</p>	<p>Okay GoPlayers!, who still has their listening ears on?</p> <p>We need to be great listeners to hear the amount of steps we are supposed to be taking.</p> <p>When you hear LUNCHTIME!, you all need to run as fast as a cheetah back to the start line before coach can grab your flag!</p> <p>Don't worry, we will give you back your flag right away so we can all go again!</p>
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<p>Game/Fun Activity ~ 10 mins Flag Tag</p>	<p>Equipment: Belts, flags</p>
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<p>Start with kids wearing the belts, the parents and coaches will be running after the kids, trying to pull their flags off the belts.</p> <p>You can switch to the parents wearing the belts and the kids are the ones chasing.</p> <p>You can play where the kids can only take one flag at a time. So they rip one off of their parents belt and bring it to the coach, then they can go chase again.</p>	<p>A super fun part of flag football are THE FLAGS!</p> <p>In flag football, we try to pull the flags off of our friends' belts. While also protecting the flags on our own belt.</p> <p>For this game, we are going to have the kids start with the flags and parents are going to be the ones chasing!</p> <p>GoPlayers, can we run fast like a cheetah?!</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 footballs 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 footballs to me!</p> <p>Now let's do it again for ____!</p>
<p>Review! Equipment: Football</p>	
<p>Hold out the football to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, football!</p> <p>Can I hear everyone say "football"?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced listening!</p> <p>Can I hear everyone say "I practiced listening!"!</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 Flag Football and Listening 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>