

Age: 1.5 - 3		Sport: Flag Football 2	
Duration: 45 mins	Physical Skills: Passing, field goals, running with the ball	Social Skill: Patience	Stickers: Flag Football, Patience

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 patience is and how we use it. 	<p>Who remembers this ball? Does anyone remember what it is called?</p> <p>Today we are playing...Football! Again! Remember, in football, we use our hands to carry and run with the ball.</p> <p>And how do we carry the ball? 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 patience.</p> <p>Has anyone here ever had to wait their turn to do something? Yes! Well that means you have already practiced patience before.</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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Touchdown Dance!	Equipment: Footballs, cones
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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</p>	<p>Okay GoPlayers! one of my favourite parts of flag football is what we do when we get a touchdown! Do we remember our touchdown dances from when we played football last??</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>coach so the kiddos feel more comfortable and open to dancing themselves.</p>	
<p>Physical Skills ~ 10 - 15 mins Field Goals Equipment: Footballs, cones</p>	
<p>Start by setting up enough of the pointy cones for there to be one per kid.</p> <p>Have each kid/parent at a cone, a few steps back.</p> <p>Put one football on each pointy cone.</p> <p>On the coaches go, the kids can take a few steps up to the cone and give the football a kick.</p> <p>Once everyone has kicked, they can go retrieve their ball and place it back on their cone.</p> <p>Complete this a few times.</p> <p>Then, depending on the amount of kids in the class, you can level up by having 2-3 lines of the flat/disc cones with one pointy cone at the end. Put a football on the pointy cone at the end of the line of flat cones.</p> <p>Have the kids line up at the start of each line of cones. They will have to run through the flat/disc cones, weaving through them, before they can kick the football off the pointy cone. They can then retrieve the ball they kicked (with help from their parent - please remind parents to help reset the football) before going to the back of the line so the next kiddo can go.</p>	<p>Even though we usually carry the football in our hands, sometimes we get to kick the ball to get a field goal!</p> <p>We are all going to practice our field kicks! But... we need to turn on our listening ears to know when we can go.</p> <p>Do we all have our listening ears turned on?</p>
<p>Musical Footballs Equipment: Cones/pylons, balls</p>	
<p>Create a circle with cones with footballs in the middle (same number as participants).</p> <p>Players must run/jog single file around the boundary of the circle.</p> <p>On coaches whistle players run to the centre and try retrieve a ball (pick ball up and run out of circle).</p> <p>No eliminations in this version - try have circle at different distance, incorporate different movements for the littles (running, jumping, rolling).</p> <p>Level up: have a larger, second circle of cones/pylons on the outside of the inner circle. The players will still run around the inner boundary. On coaches go, the players will grab a ball from the middle but this time they will run with it to pass the second, outer circle of cones and then do their touchdown dance!</p>	<p>Okay GoPlayers, can we all point to the balls in the middle?</p> <p>We are going to run around the circle and keep our listening ears turned on because on coaches go, you will have to quickly grab a ball from the middle and hug it in tight!</p> <p>Instead of running, maybe we should hop around the circle this time! I know we can because we do it in our warm-up.</p> <p>Should we level up?! Yes!</p> <p>Can everyone point to the outside circle that we just added? Good job!</p> <p>Now, when we grab the ball from the middle, we have to hug it in super tight and run, run, run past the outer circle to do our touchdown dance!!</p>
<p>Social Skills ~ 10 mins Colour Cone Run Equipment: Cones/pylons, balls</p>	
<p>Set up as many different coloured cones and pylons as possible around the play space.</p> <p>Set up a starting line for the kids to stand at and run back to.</p> <p>Each kid will start at the line holding a ball.</p> <p>Coach will call out a different colour cone/pylon and the kids have to run from the starting line, holding their ball, find the right coloured cone and tap the top of the cone with their ball. They will then run back to the start line.</p> <p>Make sure to demonstrate the action of just tapping the cone</p>	<p>We are going to practice a bunch of the skills we have been working on!</p> <p>We will all start on the line and we will need to turn our listening ears on to hear coach.</p> <p>Make sure to be holding your ball into your body tight because when coach calls out a colour you will need to run with your body to the right coloured cone!</p> <p>Let me show you once. Can someone call out a colour? Perfect! I am going to run, run, run to that cone with my ball hugged in tight and then tap the cone and run back. (Demonstrating the tapping).</p>

<p>with their ball.</p> <p>Repeat this a few times, adding in a touchdown dance when they run back to the starting line.</p>	<p>Sometimes we might be waiting for our friends to find the right colour and we could be finished before another GoPlayer, but we are all going to be patient and wait to hear what the next colour is so everyone can have fun!</p>
<p>Game/Fun Activity ~ 10 mins Flag Tag Equipment: Belts, flags</p>	
<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 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 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! Can I hear everyone say "football"?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced patience!</p> <p>Can I hear everyone say "I practiced patience!"!</p>
<p>Cheer! Equipment: N/A</p>	
<p>GO! PLAY! GO! PLAY! 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 Patience 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>