

Age: 1.5 - 3		Sport: Kickball	
Duration: 45 mins	Physical Skills: Kicking	Social Skill: Teamwork	Stickers: Kickball, Teamwork

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 the kickball 2. Talk about the actions we do in kickball. 3. Introduce the social skill. 3. Talk about what teamwork is and how we use it. 	<p>Has anyone seen this ball before?</p> <p>Today we are playing...Kickball! In kickball, we use our feet to kick the ball! Just like the name of the sport!</p> <p>We don't only do this by ourselves, we also work with others in kickball.</p> <p>It is important to practice teamwork when we play kickball.</p> <p>Today we are going to work on teamwork..</p> <p>Teamwork means that we don't just do this by ourselves, we also play with our friends, as a team!</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 dinosaurs (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 heard of dinosaurs. Ask them if they have a favourite dinosaur they want to share.</p> <p>If they do, try to move around the circle like that dinosaur.</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: - T-rex: move around the circle with little t-rex arms. - Pterodactyl: fly around the circle with big pterodactyl wings.</p>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Who has heard of dinosaurs??</p> <p>Does anyone in the group have a favorite dinosaur 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 dinosaur?!</p> <p>I think we should be.... (use examples)</p>
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Coach Says	Equipment: Kickballs
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<p>Have the kids/parents spread out around the play space.</p> <p>Give each kid one kickball.</p> <p>If there are enough balls, you can give one to each parent as well to make it easier for their kid to follow the actions.</p> <p>We are going to get the kids familiar with the actions that they will be working on later in the class.</p> <p>Incorporate some funny ones as well!</p> <p>For example, Coach Says: - Put the ball on your head - Roll the ball to your parent - Kick the ball to your parent</p>	<p>Okay GoPlayers!, let's all turn our listening ears on!</p>
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<ul style="list-style-type: none"> - Spin around holding the ball - Bounce the ball on the ground 	
Physical Skills ~ 10 - 15 mins Kicking	Equipment: Kickballs
<p>Have the kids spread out around the play space with their parent.</p> <p>Each pairing should have one ball.</p> <p>The parent will be rolling the ball to their kiddo and the kid has to try to kick it back to their parent.</p>	<p>Guess what action we do in KICKball?</p> <p>Yes! We KICK the ball!</p> <p>Let's practice this with our parents.</p> <p>When our parent rolls us the ball, we want to keep our eyes glued to the ball so we can give it a big, strong KICK!</p>
Run The Bases	Equipment: Markers, kickballs
<p>Depending on the amount of kids in the group and the space that you have, set up 1-2 "diamonds" using the markers.</p> <p>As a whole group, start by lining up behind the coach. The coach will lead the group around one of the diamonds, jumping on the markers (the bases) each time you pass one.</p> <p>Go through this a couple of times so the kids get an idea of the path they run.</p> <p>Then, split the class up between the diamonds.</p> <p>Have one ball at each diamond. The kids will line up. Each kiddo will get a chance to kick the ball and then run the bases.</p>	<p>Okay GoPlayers! let's put our kicking skills to the test and also learn how to run the bases.</p> <p>Does everyone see the colourful circles? Those are our bases!</p> <p>Everyone line up behind me, and follow where I go! I want to see you hopping like a bunny on each colour you pass.</p> <p>Now, let's split up and try one at a time, WITH a kick too!</p>
Social Skill ~ 10 mins Ball Sorting	Equipment: Balls (all kinds you have with you), hula hoops
<p>Set out a few hula hoops around the play space (depending on the amount of kids in the group).</p> <p>Then put all of the balls you have (playground, basketball, any others) spread out around the play space as well.</p> <p>Each round, the coach will tell the group what kind of sorting they want to see.</p> <p>For example:</p> <ul style="list-style-type: none"> - Only red playground balls in one hula hoop, only blue in the other hula hoop - All of the playground balls in the hula hoops on one side of the gym, all of the other balls in the hula hoops on the other side of the gym <p>It can be any kind of sorting you want!</p> <p>Make sure to be pointing to the hula hoops to make it clear.</p> <p>Once they have completed one round, mix up all the balls around the play space and go again.</p>	<p>Okay GoPlayers!, how many different balls to we see around the play space?</p> <p>What colour is this ball?</p> <p>What colour is this other ball?</p> <p>(Go through the kinds and colours of balls).</p> <p>We need to have our listening ears on and work as a team to get all of the balls in the right hula hoops!</p> <p>Can you all help me with that?! I know you can do it!</p> <p>We are going to be an AWESOME team for this game!</p>
Game/Fun Activity ~ 10 mins Kickball Tag	Equipment: Markers/bases
<p>This is a variation of tag.</p> <p>First, place a few of the markers/bases around the playspace. These will be safe spots.</p> <p>Start with coach being it.</p> <p>They have to tag the kiddos who are trying to run away.</p>	<p>When we are playing a real game of kickball, we can tag our friends.</p> <p>We also can be safe by jumping on the bases, as we practiced earlier when we ran the bases!</p> <p>So, if you are being chased, you can jump on a marker to be safe.</p> <p>BUT, you can only stay there for 5 seconds. Parents, you can help</p>

<p>They can jump on a marker/base to be safe from being tagged.</p> <p>They can only stay on the marker/base for 5 seconds and the person it has to keep running and can't wait at the marker.</p> <p>When you are tagged, you can help coach tag other friends.</p>	<p>your kiddo with this!</p> <p>Coach will be it to start and will try to tag all of you!</p> <p>Let's still all work as a team and be good sports when we play this game!</p> <p>If you get tagged, it is okay because you get to join the tagging team and help your friends get the others!</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 kickballs to me!</p> <p>Now let's do it again for ____!</p>
<p>Review! Equipment: Kickball</p>	
<p>Hold out the kickball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, kickball!</p> <p>Can I hear everyone say "kickball"?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced teamwork!</p> <p>I know it is a big word, but can I hear everyone say "I practiced teamwork!"!</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 Kickball and Teamwork 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>