

Age: 5 - 7		Sport: Kickball	
Duration: 55 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 2-3 warm-up actions. 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 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"> - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees 	<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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Coach Says	Equipment: Kickballs
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<p>Have the kids spread out around the play space.</p> <p>Give each kid one kickball.</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:</p> <ul style="list-style-type: none"> - Put the ball on your head - Roll the ball to your parent - Kick the ball to your parent - Spin around holding the ball - Bounce the ball on the ground 	<p>Okay GoPlayers!, let's all turn our listening ears on!</p>
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Physical Skills ~ 15 - 20 mins	Equipment: Kickballs
Kicking	

<p>Have the kids spread out around the play space with a partner.</p> <p>Each pairing should have one ball.</p> <p>The kids will be rolling the ball to their partner who will try to kick it back.</p> <p>We don't want big kicks right now because we don't want the ball hitting their partner.</p> <p>This is about figuring out how to kick a rolling ball.</p> <p>Have the kids line up in two lines so that all of the kids who will be kicking the ball first are facing one direction.</p> <p>This way balls are not flying everywhere.</p> <p>You can decide when to switch the roles.</p>	<p>Guess what action we do in KICKball?</p> <p>Yes! We KICK the ball!</p> <p>Let's practice this.</p> <p>When our partner rolls us the ball, we want to keep our eyes glued to the ball so we can kick it while it is moving.</p> <p>This is not about kicking the ball super hard. We want to be nice to our partners!</p> <p>The point is to practice kicking just so that it gets back to your partner.</p>
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<p>Run The Bases Equipment: Ground markers, kickballs</p>	
<p>Depending on the amount of kids in the group and the space that you have, set up 1-2 "diamonds" using the markers/bases.</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/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. 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>One coach can be at each diamond. Or if your group is small enough, do it all together at one diamond. he kids can go through the course with the help of coach.</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 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>

<p>Social Skill ~ 10 - 15 mins Kickball Tag Equipment: Ground markers, kickballs</p>	
<p>This is a variation of tag that involves the kickballs.</p> <p>First, place a few of the markers around the playspace. These will be safe spots.</p> <p>Start with just one person being it. They will be running with a kickball.</p> <p>They have to tag others by tapping them with the kickball.</p> <p>When the other kids are being chased, they can jump on a marker to be safe from being tagged.</p> <p>They can only stay on the marker 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 grab a kickball and start tagging others.</p> <p>Note: if the balls are not working, you can play without them and just use your hands to tag.</p>	<p>When we are playing a real game of kickball, we can tag our friends with the ball.</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. BUT, you can only stay there for 5 seconds.</p> <p>If you are the person chasing them, you just have to move on and cannot wait for them.</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>Game/Fun Activity ~ 10 - 15 mins Red Light, Green Light Equipment: N/A</p>	
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<p>Have the kids line up on one side.</p> <p>The coach will be at the other end of the space.</p> <p>When the coach is facing the kids and they yell RED LIGHT they have to FREEZE.</p> <p>When the coach turns their back to the kids and yell GREEN LIGHT they have to move towards coach.</p> <p>The players are trying to get to the coach without being caught moving.</p>	<p>In kickball, we have to run and stop and run and stop. So let's give that a try in this next game!</p> <p>Before starting: Let's see your best freeze pose! Like you're frozen in ice!</p> <p>Amazing! Now let's see your best freeze pose.</p> <p>Okay, so what will you all do when I yell RED LIGHT?</p> <p>What will you all do when I yell GREEN LIGHT?</p> <p>Okay, let's give it a try! We need to turn on our listening ears to know when to GO and when to FREEZE.</p>
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Team Challenge!	Equipment: Hula hoops, pylons
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<p>Split the kids into two teams.</p> <p>Each team will get 1 hula hoop.</p> <p>Set up a pylon down the play space.</p> <p>The challenge is for each team to have two players at a time hold the hula hoop between their stomachs and move down the play space, around the pylon, and then back to their team.</p> <p>They shouldn't use their hands!</p> <p>They will pass the hula hoop to the next pair on their team.</p> <p>The fastest team to have everyone go, wins!</p> <p>Example</p> <p>Variation: You will need more hula hoops for this version. You will want to put a pile of them at the starting line. Instead of going around the pylon, have the pairs drop the hula hoop over the pylon, then run back to their team. Once they are back at the start, the next two players will pick up a hula hoop from the pile and repeat. The teams are racing to have the most hula hoops on their pylon.</p>	<p>Let's keep the teamwork going for one more game!</p> <p>We are not using our hands for this game, we can only move the hula hoops by balancing it between our stomachs.</p> <p>This means we will need to be working together with our partner so that the hula hoop doesn't fall.</p> <p>Just like this! (Have coaches demonstrate).</p>
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Clean-Up	Equipment: N/A
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<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>
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Review!	Equipment: Kickball
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<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>
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Cheer!		Equipment: N/A	
GO! PLAY! GO! PLAY! Have the coach yell 'GO' and the kids yell 'PLAY'		Be as LOUD as you can! I can't hear you! Again, louder!!	
Stickers		Equipment: Sticker boxes	
Hand out Kickball and Teamwork stickers		Try to use the kiddos names as you hand out their stickers: Good job ____! Thanks for a great class ____! Thanks for being awesome!	