

<b>Age: 1.5 - 3</b>		<b>Sport: Volleyball</b>	
<b>Duration:</b> 45 mins	<b>Physical Skills:</b> Bumping, setting, hitting	<b>Social Skill:</b> <b>Bonus</b>	<b>Stickers:</b> Volleyball, <b>Bonus (i.e., I helped a friend, I showed kindness, etc.)</b>

<b>Instructions</b>	<b>Language</b>
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<b>Welcome!</b>	<b>Equipment: N/A</b>
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> <li>1. Introduce the sport</li> <li>2. Talk about the actions we do in volleyball</li> <li>3. Talk about some social skills we use in volleyball</li> </ol>	<p>Has anyone seen this ball before?</p> <p>Today we are playing...Volleyball!! In volleyball, we have to try to keep the ball UP (point up).</p> <p>We do this by using our elephant trunks to BUMP the ball UP (show arms as elephant trunk).</p> <p>We don't only do this by ourselves, we also work with others to keep the ball up.</p> <p>In volleyball, we need to work as a team, listen to our parents and friends, communicate, and be leaders! All things we have worked on in other classes already.</p> <p>Let's see if we can use all of those skills in our volleyball class today.</p>
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<p><b>Note:</b></p> <ol style="list-style-type: none"> <li>1. <b>Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li>2. <b>Complete a couple laps around the circle as an automobile (1-2).</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol>
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<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	<b>Equipment: Cones</b>
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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>Introduce automobiles by asking if the kiddos have been on a plane or if any of them like cars or trucks.</p> <p>Try to ask some kids in the group if they have a favourite automobile they want to share.</p> <p>If they do, try to move around the circle like that automobile.</p> <p>Another option is to suggest animals to the group (if the kids are shy or you want to incorporate a few other automobiles).</p> <p>Then move around the circle like that animal.</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>- Plane: move around with arms straight out like the plane wings flying!</li> <li>- Motorcycle: move around with our hands gripping the imaginary handlebars</li> <li>- Car: hands holding our imaginary steering wheel</li> </ul>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Has anyone been on a plane before? Planes are super cool because they go in the air like birds!</p> <p>Or what about cars or trucks??</p> <p>Does anyone in the group have an automobile 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 automobile?!</p> <p>I think we should be.... (use examples)</p>
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<b>Shadows</b>	<b>Equipment: N/A</b>
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<p>Talk about shadows with the group. Explain how your shadow does exactly what you do.</p> <p>The coach will do a movement and the kiddos will be the shadow.</p> <p>As coach moves around the play space, the kiddos will</p>	<p>Has anyone seen a shadow before? Let's see if we can find any shadows right now! (depending on the time of day there may or may not be shadows).</p> <p>Your shadow does exactly what you do, it follows you everywhere! Which means all of the movements are the same.</p>
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<p>follow/copy these movements as the shadow!</p> <p>Do different levels, speeds, types of movement.</p> <ul style="list-style-type: none"> <li>- Move slowly</li> <li>- Move quickly</li> <li>- Balance on one foot</li> <li>- Hop, skip, gallop</li> </ul>	<p>You are all going to be coach's shadow!!</p> <p>This means we need to keep our eyes on coach to see what movements we need to match!</p>
<p><b>Physical Skills ~ 10 - 15 mins</b>  <b>Elephant Trunk Bumps</b> <span style="float: right;"><b>Equipment: Balls, hula hoops</b></span></p>	
<p>Kiddos and their adult are going to work together for this activity.</p> <p>Demonstrate elephant trunk arms to the group again. Have everyone practice.</p> <p>Then, each pairing will get a ball.</p> <p>Have the parents toss the ball to the player.</p> <p>The player should try to bump the ball back to their parent.</p> <p>If the kiddo cannot bump keeping their hands together, have them keep their arms out straight, catch the ball, then throw it back up again.</p> <p><b>Level up</b> by having the parent hold a hula hoop that the player has to try to bump the ball into.</p>	<p>Remember how we talked about keeping the ball UP in volleyball?</p> <p>We are going to practice this now!</p> <p>GoPlayers!, we all need to have our hands together like a big elephant trunk.</p> <p>We want to push the ball UP with our elephant trunks.</p> <p>If we are not keeping hands together and just catching - make sure your elephant trunk is strong by keeping your arms out straight!</p>
<p><b>Hi-Five Hitting</b> <span style="float: right;"><b>Equipment: Balls, hula hoops</b></span></p>	
<p>Kiddos and their adult will still be working together.</p> <p>Each pairing will still have a ball.</p> <p>Parents will now be holding the ball between their hands, out in front of their kiddo.</p> <p>Kids are going to try to HIT the ball out of their parents hands like a volleyball spike.</p> <p>Kiddos will want to be strong and hi-five the ball to the ground.</p>	<p>Now, let's try another skill in volleyball.</p> <p>We are going to give the ball in our parents hands a BIG hi-five right into the floor!</p> <p>Let's see your best hi-fives on the balls!</p>
<p><b>Keep Up!</b> <span style="float: right;"><b>Equipment: Balls</b></span></p>	
<p>Start with trying to keep the balloon up in the air between the child and parent.</p> <p>Try to encourage elephant trunk bumps!</p> <p>After they have done that for a bit, <b>level up</b> by having 1-3 balloons that all the kids have to try to keep up in the air.</p> <p>You can add more balloons for the entire group to try to keep up or split the class in 2-3 groups.</p>	<p>In Volleyball, we want to keep the ball UP, off the ground, for as long as you can by passing to your friends.</p> <p>Try to use your elephant trunks to BUMP the ball UP.</p> <p>Even though it is fun to hit the ball, sometimes someone else is closer to it and we must communicate with our parents or friends so we don't crash into each other.</p>
<p><b>Social Skill ~ 10 mins</b>  <b>Hot Potato Passing</b> <span style="float: right;"><b>Equipment: Ball, ground markers</b></span></p>	
<p>Set out ground markers 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 balloon to the person next to them easily.</p> <p>Have the GoPlayers and their adult find a marker to sit at.</p> <p>Only have one balloon.</p>	<p>Okay GoPlayers! let's find a spot in the circle and take a seat.</p> <p>We are going to try to pass the balloon ALL the way around the circle!</p> <p>We will only have the balloon for a quick second and then we want to give it to our friend beside us.</p> <p>The balloon is going to travel around the entire circle.</p>

<p>Give it to one GoPlayer to start. They will then pass the balloon to the person next to them.</p> <p>First try just passing the balloon all the way around the circle to get back to the first person.</p> <p>Then, start passing the balloon and when coach says FREEZE, the one with the balloon has to stop.</p> <p>Everyone will clap for this person! Then, they can continue passing it around the circle.</p>	<p>We are going to practice our patience, our teamwork, and our sportsmanship for this game!</p> <p>We are going to pass the ball around the circle again, but this time when coach says FREEZE! Whoever has the balloon has to stop passing and hold onto it.</p> <p>Everyone else will then clap and cheer for our friend! When coach says go, we can keep passing, keeping our listening ears turned on for the next time coach yells FREEZE.</p>
<p><b>Game/Fun Activity ~ 10 mins</b> <b>Hungry Hippos</b></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>Equipment: Hula hoops, balls</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><b>KaBOOM Race</b></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>Equipment: N/A</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><b>Clean-Up</b></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 equipment 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>Equipment: N/A</p> <p>Let's see you quickly you can bring all of the equipment to me!</p> <p>Now let's do it again for ____!</p>
<p><b>Review!</b></p>	
<p>Review what we did today!</p>	<p>Equipment: N/A</p> <p>Can anyone remember what the sport we played today is called?</p> <p>Yes, volleyball!</p> <p>Can I hear everyone say "volleyball"?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced</p>

	I know it is a big word, but can I hear everyone say “?”!
<b>Cheer!</b>	<b>Equipment: N/A</b>
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!!
<b>Stickers</b>	<b>Equipment: Sticker boxes</b>
Hand out Volleyball a bonus sticker.	Try to use the kiddos names as you hand out their stickers:  Good job ____!  Thanks for a great class ____!  Thanks for being awesome!