

Age: 3 - 5		Sport: Volleyball	
Duration: 55 mins	Physical Skills: Bumping, setting, hitting	Social Skill: Communication	Stickers: Volleyball, Communication

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 volleyball 2. Talk about the actions we do in volleyball. 3. Introduce the social skill. 3. Talk about what communication is and how we use it. 	<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>It is important to practice communication when we work with others!</p> <p>Today we are going to work on our communication.</p> <p>Communication is a BIG word. But it involves talking using our mouths (point to mouth), or listening using our ears (point to ears), or even using our bodies!</p> <p>Which are all things we know!</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 an automobile (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>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"> - Plane: move around with arms straight out like the plane wings flying! - Motorcycle: move around with our hands gripping the imaginary handlebars - Car: hands holding our imaginary steering wheel 	<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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Would You Rather	Equipment: Hula hoops/cones
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<p>Put either two different coloured hula hoops or cones on either side of the play space.</p> <p>Have all of the GoPlayers! stand in between the two hoops</p>	<p>We are going to practice our communication and keep warming up our bodies!</p> <p>Is everyone ready? Listening ears ON! We also need to be using</p>
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<p>or cones, or just in the middle of the playspace.</p> <p>Coach is going to call out two options, pointing to one side with each option.</p> <p>After coach has called out both options, the kiddos have to run to the side that answers the would you rather for them!</p>	<p>our EYES to know which side to go to!</p> <p>Would you rather...</p> <ul style="list-style-type: none"> - Chocolate or Vanilla? - Elephants or Giraffes? - Blue or Green? <p>Good job communicating GoPlayers!</p> <p>Does everyone feel nice and warm now??</p> <p>Let's play some Volleyball!</p>
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Physical Skills ~ 15 - 20 mins	Equipment: Volleyballs, hula hoops
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<p>Demonstrate elephant trunk arms to the group again. Have everyone practice.</p> <p>Then, have the kids get into 1-2 lines depending on the amount of kids in the group.</p> <p>The coach is going to throw the ball to the first kid in line who will bump it back to the coach and then go to the back of the line.</p> <p>Level up by holding 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>
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Hi-Five Hitting	Equipment: Balls
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<p>Kiddos will still be in their lines.</p> <p>Coach 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 the 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 coach's hands a BIG hi-five right into the floor!</p> <p>Let's see your best hi-fives on the balls!</p>
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Social Skill ~ 10 - 15 mins	Equipment: Balls, cone/pylon
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<p>Have all of the kids start at one end of the play space.</p> <p>Put a cone at the other end of the play space.</p> <p>To start the game coach will throw the ball to one player. They will catch it and then they have to stay where they are and can only pivot.</p> <p>The rest of the GoPlayers can move and are trying to progress across the play space.</p> <p>The goal is to pass the ball all the way down and then knock the cone over.</p>	<p>Okay GoPlayers!, we are all going to go to this side of the play space.</p> <p>The goal of this game is to pass the ball all the way down and knock over that cone (point to cone).</p> <p>But... if you are the one with the ball, your feet are GLUED to the ground and you can only pivot to pass the ball to the next person.</p> <p>Does anyone know what pivot means?</p> <p>Let me show you! (Demonstrate)</p> <p>Can you all show me how to pivot now.</p> <p>Awesome!</p> <p>If you do NOT have the ball, you can move so that we can get to the cone!</p> <p>In order to make it all the way to the other side, we need to be communicating. We need to be using our voices to tell our friend who has the ball that we are ready for them to pass!</p>
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Game/Fun Activity ~ 10 - 15 mins	Equipment: Playground ball or volleyball
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<p>Players will stand in a circle facing inward, with their legs spread a little more than shoulder width apart, and feet resting against those of the players to either side.</p> <p>Players will hit the ball with both hands clasped with the goal of knocking it through the legs of another player and trying to prevent it from going through their own legs.</p>	<p>Okay GoPlayers!, let's keep using our elephant trunks to play another game!</p> <p>We are going to get in a circle and make sure our feet are just touching.</p> <p>Instead of having the ball up in the air, we are going to practice keeping our arms together in our trunk positions and hit the ball on the ground.</p> <p>Let's see if we can get it through our friends legs!</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 balls to me!</p> <p>Now let's do it again for _____!</p>
<p>Review! Equipment: Volleyball</p>	
<p>Hold out the volleyball to the kids.</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 communication!</p> <p>I know it is a big word, but can I hear everyone say "communication"!</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 Volleyball and Communication 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>