

Age: 5 - 7		Sport: Week 2 - T-Ball	
Duration: 55 mins	Physical Skills: Throwing	Social Skill: Listening	Stickers: Throwing, Listening

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 t-ball bat and ball 2. Talk about the actions we do in t-ball. 3. Introduce the social skill. 3. Talk about what listening is and how we use it. 	<p>Has anyone seen this bat before? Has anyone seen baseball played before?</p> <p>Today we are playing... T-Ball! Which is very similar to baseball if you have ever seen that!</p> <p>We use tees to hit the balls. To use the tees we just place the ball on top of it and we hit the balls with this bat!</p> <p>Last class we worked on catching and we are going to keep practicing that but also work on throwing today.</p> <p>Another important skill when working with others is listening.</p> <p>Let's all turn on our listening ears right now as a group! (pretend to turn on your ears by physically doing the motion and have the kids do this too).</p> <p>When coach is talking and you are all looking at me and staying quiet, you are all practicing listening! So we know how to do this already!</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: - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees</p>	<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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Lava Monster	Equipment: Hula hoops
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<p>Spread hula hoops all around the play space.</p> <p>Have the kids spread out as well, finding a spot to start in.</p> <p>When coach says go, all of the kids have to run around the play space. Once coach starts counting down from 10, the kids have to find a hula hoop to stand in.</p> <p>After coach is finished counting down, they will go around and make sure all the kiddos are in a hula hoop.</p> <p>Depending on how the game is going, you can take away a</p>	<p>Coach is no longer the coach! We have turned into lava monsters! Uh oh!</p> <p>The only way to stay safe from the lava monsters is by finding a hula hoop to stand in with your friends.</p> <p>But you can only go in the hula hoops when the lava monster starts counting down from 10.</p> <p>Let's do a practice round, what will you all do when you hear 10, 9, 8...</p>
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hula hoop each round.	
Physical Skills ~ 15 - 20 mins Back Up!	
Equipment: Balls, cones/pylons	
<p>Have the kids get into partners.</p> <p>Each person will have a cone and they will also have one ball between partners.</p> <p>The cone is for marking where each person is standing.</p> <p>Have the partners find their own spot in the play space.</p> <p>They will place the cones somewhat close together to start and practice throwing and catching the ball between them.</p> <p>Pick a certain number of successful throws/catches that they have to complete in order to take a step back/move their cones/pylons farther from each other.</p> <p>Keep doing this so they have a chance to move their cones/pylons apart by a good distance.</p>	<p>Who remembers when we practiced catching last class?</p> <p>Remember, we don't want our hands out like a bowl of soup...</p> <p>We want our catching hand up like we are going to give a high five!</p> <p>Let's see... knees bent, get low! Now, catching hand up like you are giving a high five.</p> <p>Good job, GoPlayers!!</p> <p>Now we are going to add throwing in as well!</p> <p>In our partners, we are going to try to make ___ successful throws/catches and then you can take a step back so you have even farther to throw!</p>
Dirty Diamond	
Equipment: Balls, cones/pylons	
<p>Create a line in the middle of the play space using cones/pylons.</p> <p>Split the kiddos into two teams.</p> <p>Put an equal amount of balls on each side to start. When coach says "GO" the kids have to try to throw all of the balls over the line and off their side.</p> <p>If the game is running smoothly then the kids will be throwing the balls back and forth as quickly as they can.</p> <p>Remind the kiddos to watch out for their friends and not to throw them at each other but either over, to the sides, or on the ground just over the line.</p> <p>The team with the most balls on their side at the end of the game has a dirty diamond! The other team "wins".</p>	<p>Now that we have practiced our throwing, we are going to put our skills to practice in this next game!</p> <p>Does everyone see the balls?? You have very dirty diamonds!!</p> <p>We want to clean our diamonds by throwing the balls on our side over the line of cones/pylons and onto the other team's side.</p> <p>Remember, we must watch out for our friends. We can throw the balls to the sides, over, or in front of our friends.</p> <p>Let's find out which team has the dirtiest diamond!!</p>
Social Skill ~ 10 - 15 mins Hot Potato Tag	
Equipment: Balls, cones	
<p>Set up a line of cones in the middle of the play space.</p> <p>Have the kids partner up and stand across from each other with the cone between them. So all the players will be in two lines facing one another, so they are standing across from their partner.</p> <p>The cone is just to keep the kids organized with their partner and in lines.</p> <p>Create a fun word with the group, that will be the word the kids are listening for during the game.</p> <p>When coach says go, partners gently pass and catch the ball with one another like hot potato.</p> <p>When coach says the chosen fun word, the player who has the ball in their hands must run to the wall behind them.</p> <p>Clarify: The player without the ball becomes the tagger and must try to chase and tag their partner before they reach the wall.</p>	<p>Okay GoPlayers!, with the person across from us, we are going to gently pass the ball back and forth.</p> <p>When coach yells out the chosen word, the person who has the ball in their hands has to turn around and run as fast as they can to the wall!</p> <p>This means we need to be listening very carefully for the chosen word!</p> <p>Does everyone still have their listening ears turned on??</p> <p>The one who does not have the ball will cross the cone line and run after their friend to try and tag them.</p>
Game/Fun Activity ~ 10 - 15 mins	

Bowling		Equipment: Balls, cones/pylons	
<p>Depending on the amount of kids in the group, set up 1-2 "bowling pin" stations with cones/pylons that the kids will be able to knock over.</p> <p>Have the kids line up. Have a hula hoop at the start of each line with balls in it.</p> <p>Each kid, as they come to the front of the line, get a chance to grab a ball and "bowl" it at the cones. They get 3 tries to knock one down.</p> <p>If they don't knock any over, they go to the back of the line, if they do, that is 1 point!</p>	<p>Okay GoPlayers!, we practiced throwing in the air, but we can also pass the ball in t-ball on the ground.</p> <p>This is called a ground ball or a grounder!</p> <p>It is almost like bowling!</p> <p>Which is exactly what we are going to do today.</p> <p>Who wants to bowl?? You get 3 tries, but don't worry we will play a few rounds.</p> <p>If you do knock any of the cones over, you get points!</p> <p>The points help everyone, not just you! It is the most fun to cheer everyone on and be excited as a whole team.</p>		
Caterpillar Tag		Equipment: Hula hoops	
<p>This is a variation of tag where once a player is tagged they have to lay on the ground flat on their stomach. You become a caterpillar!</p> <p>In order to get back in the game, the coach(es) have to run to you with the hula hoop and hold it out in front of the kiddo.</p> <p>The kiddo has to army crawl (one their stomach using their lower arms to move them) through the hoop and then they can start playing again.</p>	<p>What kind of movement does a caterpillar do? Do they stand? Nooooo. Caterpillars are long and move on the ground.</p> <p>If you are tagged you become a caterpillar!</p> <p>This means you have to lay on the ground and can only get up if you crawl like a caterpillar through a hula hoop.</p>		
Clean-Up		Equipment: N/A	
<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>		
Review!		Equipment: Bat and ball	
<p>Hold out the bat and ball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, T-Ball!</p> <p>Can I hear everyone say "t-ball"?</p> <p>Who remembers what skill we worked on?</p> <p>Yes, throwing!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced listening!</p> <p>I know it is a big word, but can I hear everyone say "I practiced listening!"!</p>		
Cheer!		Equipment: N/A	
<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>		

Again, louder!!

Stickers

Equipment: Sticker boxes

Hand out Throwing and **Listening** stickers

Try to use the kiddos names as you hand out their stickers:

Good job ____!

Thanks for a great class ____!

Thanks for being awesome!