

	<p>different rounds, change the way you want the children to run (eg. Run in zig-zags, run backwards).</p> <p>Transition to sliding: <i>Have kids freeze where they are and take their shoes off. If not wearing socks, grab scarves and have them put them under their feet.</i></p> <p>Sliding cues (think skating):</p> <ul style="list-style-type: none"> - Weight stays on lead foot - Back foot is always chasing lead foot - Swing arms, head up <p>Sliding: Green light, yellow light, red light: Kids should return. When you call “green”, children SLIDE forward. When you call “red”, freeze as fast as they can without sliding forward or falling. When you call “yellow”, slide slowly. In different rounds, change the way you want the children to slide.</p> <p>Demonstrate basic skipping:</p> <ul style="list-style-type: none"> - Step and hop - March on the spot - Take off after each march (hop) - Swing arms, head up <p>4 Corner Squirrels: Divide the group into four teams. Put a hoop in each corner of the gym with 5-10 beanbags in each hoop. Teams must try to steal other teams’ “nuts” (beanbags) from their hoop and bring them to their own hoop by only SKIPPING. If kids aren’t skipping when retrieving or returning a “nut” they must bring it back to the original hoop. Put a 2 minute time limit on each round as this game is very tiring.</p>	<ul style="list-style-type: none"> - <i>Have all the kids line up on an end line with a leader at the other end</i> <p><i>1 up/1 down:</i></p> <ul style="list-style-type: none"> - <i>Yellow light, kids slide backwards</i> - <i>Have kids start shuffling their feet (with both on the ground) instead of long strides</i> <p><i>1 up/1 down:</i></p> <ul style="list-style-type: none"> - <i>Kids can’t go to the same hoop twice in a row, must go to every hoop once before repeating</i> - <i>Kids run normally and only have to do 5 skips on the spot when returning with a nut</i>
<p>2 2/3 3</p>	<p>INTRO & EXPECTATIONS</p> <ul style="list-style-type: none"> - Be respectful - Be safe - Have Fun! <p>WARM UP</p> <p>Germ Tag: Choose 3-5 players to hold the balls (“germs”). On the leader’s signal, the germs attempt to tag</p>	<p><i>1 up/1 down:</i></p> <ul style="list-style-type: none"> - <i>Create a smaller play area so kids</i>

other players. The newly tagged player then quickly takes the ball and tries to tag another player. No touchbacks are allowed. Players do not want to hold onto the germ and are not allowed to throw the ball at other players.

SKILL DEVELOPMENT & PRACTICE

Demonstrate basic running:

- Arms bent at 90 degrees
- Arms swing on the side of their bodies
- Head up

Difference between jogging and sprinting:

- Jogging is medium speed
- Sprinting/Running is as fast as possible
- Jogging good for longer distances
- Sprinting/Running good for short distances quickly

Sharks vs. Whales

Two lines of kids stand face to face (~1m apart) with a foam ball between them at their feet. Designate one team as sharks and the other as whales. When the leader calls out one of the team names ie. whales, the whales must turn around and run to the end line. Meanwhile the shark standing in front of them must pick up the foam ball and try to tag the whale before the whales gets to the end line. If the whale gets tagged by the shark, the shark gets a point. Come back to middle and play again.

Transition to sliding:

Have kids freeze where they are and take their shoes off. If not wearing socks, grab scarves and have them put them under their feet. Return to their sport on the floor with their partner.

Sliding cues (think skating):

- Weight stays on lead foot
- Back foot is always chasing lead foot
- Swing arms, head up

Sliding: Sharks vs. Whales

Two lines of kids stand face to face (~1m apart) with a foam ball between them at their feet. Designate one team as sharks and the other as whales. When the leader calls out one of the team names ie. whales, the whales must turn around and SLIDE to the end line. Meanwhile the

get tagged more frequently

- *Add more balls/taggers*

1 up/1 down:

- *Kids can tag as many people as they can on the other team for points or once you get tagged you join the opposite team*
- *Increase/decrease distance between sharks and whales to help taggers catch runner or vice versa*

1 up/1 down:

- *Both feet have to stay glued to the ground at all times*
- *Kids face opposite directions*

shark standing in front of them must pick up the foam ball and try to tag the whale, while SLIDING, before the whales gets to the end line. If the whale gets tagged by the shark, the shark gets a point. Come back to middle and play again.

Demonstrate basic skipping:

- Step and hop
- March on the spot
- Take off after each march (hop)
- Swing arms, head up

Demonstrate basic galloping:

- One foot is always the front foot
- Both feet always step together
- Back foot lands before the front foot
- Feet pointed forward

4 Corner Squirrels:

Divide the group into four teams. Put a hoop in each corner of the gym with 5-10 beanbags in each hoop. Teams must try to steal other teams' "nuts" (beanbags) from their hoop and bring them to their own hoop by only SKIPPING. If kids aren't skipping when retrieving or returning a "nut" they must bring it back to the original hoop. Put a 2 minute time limit on each round as this game is very tiring. Next round have the kids GALLOP instead of skipping.

1 up/1 down:

- Kids can't go to the same hoop twice in a row, must go to every hoop once before repeating
- Kids run normally and only have to do 5 skips on the spot when returning with a nut