

<b>Age: 3-5 / 5-7</b>		<b>Sport: Bonus Week</b>	
<b>Duration: 60 mins</b>	<b>Physical Skills: N/A</b>	<b>Social Skill: N/A</b>	<b>Stickers: Bonus</b>

## Review Sport Resources [HERE](#)

### Welcome!

1. Introduce the sport - bonus week (playing a little bit of everything because it's the last day!)
2. Talk about the different sports we played this season - what was everyone's favourite sport?
3. Recap the social skills learned
3. Talk about what **social skills** we learned and how we can use them

<b>Recap of Social Skills</b>	<ul style="list-style-type: none"> <li>● Who remembers what different social skills we learned? Does anyone remember what we learned and what they mean? <ul style="list-style-type: none"> <li>○ <b>Sportsmanship</b></li> <li>○ <b>Listening</b></li> <li>○ <b>Teamwork</b></li> <li>○ <b>Communication</b></li> <li>○ <b>Goal Setting</b></li> </ul> </li> </ul>
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### WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

<b>Physical Literacy Skill</b>	<p>★ <b><u>Recap of Skills</u></b></p> <ul style="list-style-type: none"> <li>● Galloping</li> <li>● Skipping</li> <li>● Shuffling</li> <li>● Running</li> <li>● Jumping</li> <li>● Balance</li> <li>● Throwing/Catching</li> </ul>
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### Cone Dash Relays!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, spot markers</b>
<b>Key Points</b>	<hr/> <ul style="list-style-type: none"> <li>● Divide players into small teams of 4-5 and line each group up behind their own starting cone</li> <li>● Place a tall cone far away from each line to act as the turnaround point for each team</li> <li>● The first player in line runs around the cone and back, then high fives the next teammate</li> <li>● Encourage the runner to high five the next player, and other teammates to cheer while one is running</li> <li>● After they have run, the player sits down at the back of the line until everyone has run</li> <li>● The first seated team wins</li> </ul> <hr/>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>● <b>Simplify:</b> Rather than doing a relay, make it silly and fun with "follow the leader style" - The first player at each line will be the leader and gets to pick a silly way of running for their lineup; all players will take turns following and copying the line leader; rotate until all payers have had a turn.</li> <li>● <b>Simplify:</b> Rather than doing a relay, incorporate the physical literacy skills practiced - All lines gallop/skip/run/jump around the cone and back.</li> </ul>

### PHYSICAL SKILLS

## Cone Knockdown!

### Equipment

- Cones, balls

### Key Points

- Create a large boundary using cones that players must stay within
- At both opposing ends, place 3 tall cones a few feet apart
- Divide players into 2 teams
- Players work together with their team to knock down all 3 cones of the opposing team
- Players will throw the ball to their teammates - the player with the ball cannot move and must freeze in place
- All other players can move freely, getting open to receive a pass and advance across the space
- Teams can only knock down 1 cone at a time - once a cone has been knocked down, the play resets in the middle
- The first team to knock down all 3 of their opponents cones wins

### Adaptation

- **Progression:** Add in different restrictions for challenge ...
  - Teams must pass to every teammate before they can throw the ball at the cone
  - Introduce pivoting (players must freeze with the ball but can pivot to find an open pass)
  - Players can take 3 steps before passing
  - Introduce "Power Up" - place spot markers throughout the space, if a player successfully catches the ball while having a foot on the spot marker they get to Power Up and can move 5 steps with the ball before passing

## Quick Feet and Run!

### Equipment

- Cones

### Key Points

- Set up 3 cones per player in a straight line
  - ◆ 1 middle cone (starting spot), 1 cone to the right, 1 cone to the left
  - ◆ Keep cones close enough to shuffle and tap each one from the middle
  - ◆ All players will start at their middle cone facing the coach
- Set up a line of cones on the opposite end of the space to create the end zone
- When at the middle cone, players perform quick feet on the spot at the middle
- The coach will call out commands: "Right" = tap right cone; "Left" = tap left cone
- Players return to quick feet in the middle after each call
- When the coach yells "Touchdown!" - players print to the far end zone as fast as possible
- Emphasize **listening ears** and **eyes glued to the coach** so they know which action to do next

### Adaptation

- If working with a larger group, divide players into pairs. Place one hula hoop a few feet behind each agility station. One partner will start at the agility station, while the other waits patiently in the hula hoop behind. Keep the rounds short and keep rotations between partners quick.
- **Progression:** Introduce "Catch" as a cue - players stand at the middle cone and jump with arms extended to catch an imaginary ball in the air.

## SOCIAL SKILLS

## Kickball Tag!

### Equipment

- Cones, bases, playground balls

### Key Points

- Set up the bases and the home plate
- Create a line using spot markers behind home plate and second base for players to line up at
- Divide the players into two teams - one team lines up behind the home plate, and the other behind second base
- The coach will roll the ball to the first player at the home plate - the player will kick the ball and start running around the bases all the way to home
- At the same time after the ball has been kicked, the first player in line at second base run to retrieve the ball and tries to tag the runner with the ball before they make it back to home
- They can only tag players with two hands on the ball

<b>Adaptation</b>	<ul style="list-style-type: none"> <li>→ After completing their turns, both players go to the back of their lines and the next players take a turn</li> <li>→ Allow each player a few turns before switching the groups roles</li> <li>→ Emphasize fun, <b>teamwork</b> and effort over competition</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Allow the tagger to team up with the coach - the tagger retrieves the ball and can throw it to the coach to help tag the runner, or tap the ball on the home plate before the runner makes it home</li> </ul>
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### Stealing Coconuts!

<b>Equipment</b>	<input type="checkbox"/> <b>Hula hoops, balls / or flat cones / or spot markers</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Place 3 different-colored hula hoops around the space - these will be islands</li> <li>→ Divide players into teams and assign them and island (i.e. Orange island, blue island, green island)</li> <li>→ Each island will start with 5-6 pieces of equipment (i.e. balls) - these will be the coconuts</li> <li>→ When the coach says GO, players run and try to steal coconuts from other islands to bring to their own</li> <li>→ Players can only take one coconut from an island at a time</li> <li>→ The coconut must be returned to your island before you can leave to take another coconut</li> <li>→ No blocking or playing defense; No throwing the coconuts - they must be picked up and placed on the island</li> <li>→ The coach will count down from 5 to end the game and players must return to their island</li> <li>→ If a player has a coconut in their hand when the time is done, they can return to the island with the coconut</li> <li>→ After each round, the team with the most coconuts wins</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Simplify:</b> Start with the coconuts in the middle. Players take turns leaving and returning to their island (only one player on a team can retrieve a coconut from the middle at a time). The game ends when there are no more coconuts in the middle. The team with the most coconuts on their island wins.</li> </ul>

### FUN ACTIVITY

#### Fire and Ice Tag!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, volleyballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a large boundary using cones that players must stay within</li> <li>→ Choose 1-2 players who will be IT - they are the “freezers” and have “ice powers”</li> <li>→ Choose another 1-2 players (can be coaches) who have the fireball to unfreeze players</li> <li>→ Players with the fireball cannot be frozen</li> <li>→ If you are frozen, players with the fireball can toss you the ball and if you catch it you are unfrozen</li> <li>→ If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Progression:</b> If the fireball is dropped it is dead and cannot be picked up again. OR, the fireball is no longer invincible and can be frozen by the ice - if frozen, it can still be unfrozen by another fireball if they make a successful catch (must have 2 players with fireballs).</li> </ul>

### WRAP UP

#### Huddle & Review!

<b>Review</b>	<ul style="list-style-type: none"> <li>→ GoPlayers! I can't believe we are all done!</li> <li>→ Thank you for having an awesome season of all kinds of sports and social skills!</li> <li>→ Because it's the last class, we have a super special certificate for each of you to celebrate finishing a whole season of GoPlay!</li> </ul>
<b>Cheer</b>	
<b>Stickers</b>	<ul style="list-style-type: none"> <li>• The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY!</li> <li>• Be as LOUD as you can!</li> </ul> <hr/> <ul style="list-style-type: none"> <li>★ Hand out <b>Bonus</b> stickers</li> </ul>