

Age: 1.5 - 3		Sport: Bonus Week	
Duration: 45 mins	Physical Skills: N/A	Social Skill: N/A	Stickers: Bonus

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

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

Physical Literacy Skill	<p>★ <u>Recap of Skills</u></p> <ul style="list-style-type: none"> • Galloping • Skipping • Shuffling • Running • Jumping • Balance • Throwing/Catching
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Body Part Game!

Equipment	<input type="checkbox"/> Playground Balls
Key Points	<ul style="list-style-type: none"> → Players will spread out around the play space, each with their own ball. → Players begin by dribbling the ball around the space using their feet. → When the coach yells out a body part they have to stop the ball and touch the ball with that body part.

PHYSICAL SKILLS

Head, Shoulders, Knees, & HOME RUN!

Equipment	<input type="checkbox"/> Spot Markers, cones
Key Points	<ul style="list-style-type: none"> → Set up a line of cones and have all the players stand along the line → A few meters ahead of the line, set up the bases (spot markers) → Play 'Head, Shoulders, Knees and Toes' while calling the actions at random. Then, yell out "HOME RUN!". The players must then run around the bases as fast as they can, give the coach a high five, and back to their spot. <ul style="list-style-type: none"> ◆ Make sure you are demonstrating the actions and running the bases

Sharks and Minnows!

Equipment	<input type="checkbox"/> Flag belts, cones
Key Points	<ul style="list-style-type: none"> → Set up two wide lines of cones across opposite ends of the space. Have each child line on one side, each with a flag belt to start → The players are the minnows and the coaches are the sharks. Minnows try to run from one end line to the other without their flags getting pulled by sharks → Once both flags have been pulled, the minnow joins the sharks to help pull others flags → Ensure that the group runs to the end line, stops, and waits for the coaches to say "GO" to run again → Encourage dodging, weaving, and looking up while running

Jumps!

Equipment	<input type="checkbox"/> Cones, hula hoops
Key Points	<ul style="list-style-type: none"> → Players will line up behind a starting cone (create two lines if the group is big) → Create a simple path using hula hoops and cones for players to practice their jumping. <ul style="list-style-type: none"> ◆ Hula hoops = hop in and out (frog hops) ◆ Flat cones = medium bunny jumps over ◆ Tall cones = big kangaroo jumps over ◆ You can form hurdles using the flat and tall cones by placing 4-5 cones side by side. → Explain and demonstrate the three types of jumps and the animal to connect to each jump. → Once the first player in line passes the first jump, then the second player in line can go. Repeat so everyone gets a few turns.

SOCIAL SKILLS

Stack the Towers! - [EXAMPLE](#)

Equipment	<input type="checkbox"/> Tall Cones, flat cones, soccer balls, nets
Key Points	<ul style="list-style-type: none"> → Set up a wide line of 6-8 tall cones ("towers") a few meters in front of the net → Place 2-3 hula hoops a few meters away from the towers, each with 6-10 flat cones inside. → Each player has their own soccer ball → All players dribble to any hula hoop, stop their ball, and pick up one flat cone → Then they dribble to the towers and stack the cone on top of any tower → Players can only carry one cone at a time → Continue until all cones are stacked - encourage players to work together as a team → Once all cones are stacked, players dribble to the net and score a goal - then high five a friend! → Emphasize teamwork by encouraging players to work together
Adaptation	<ul style="list-style-type: none"> • Stack cones on the same color tower

FUN ACTIVITY

Red Light Green Light!

