

<b>Age: 1.5 - 3</b>		<b>Sport: Kickball</b>	
<b>Duration:</b> 45 mins	<b>Physical Skills:</b> Kicking, running the bases	<b>Social Skill:</b> <a href="#">Teamwork</a>	<b>Stickers:</b> Kickball, <a href="#">Teamwork</a>

**Review Kickball Sport Resources Alongside Lesson Plan [HERE](#)**

**Welcome!**

1. Introduce the sport - holding out playground ball (kickball)
2. Talk about the actions we do in kickball
3. Introduce the social skill
3. Talk about what [teamwork](#) is and how we use it

<b>Social Skill</b>	<ul style="list-style-type: none"> <li>• <a href="#">Teamwork</a> means that we don't just do this by ourselves, we also play with our friends, as a team!</li> <li>• What are some ways that we can practice good <a href="#">teamwork</a>? <ul style="list-style-type: none"> <li>○ Sharing equipment with our teammates</li> <li>○ Taking turns and passing to everyone</li> <li>○ Communicating with our teammates</li> </ul> </li> </ul>
<b>Intro</b>	

**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>	<ul style="list-style-type: none"> <li>★ <a href="#">Skipping</a></li> <li>• Start Slow - <ul style="list-style-type: none"> <li>○ Begin by practicing balancing on one foot (then the other)</li> <li>○ Practice hopping on one foot (then the other)</li> <li>○ Practice marching on the spot (then march around the circle together)</li> </ul> </li> <li>• Teach the "Step-Hop" technique to learn the rhythm of skipping - <ul style="list-style-type: none"> <li>○ Step with right foot, then hop on right foot; Step with left foot, then hop on left foot.</li> <li>○ Continue to "step, hop, step, hop", alternating feet</li> </ul> </li> </ul>
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**Coach Says!**

<b>Equipment</b>	<input type="checkbox"/> <a href="#">Playground balls</a>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Players and parents spread out around the play space, but close enough to the coach to hear.</li> <li>→ Each player has their own ball (if enough balls, give one to parents as well).</li> <li>→ Call out different kickball actions to get players familiar with the movements, and add some silly actions as well. For example: <ul style="list-style-type: none"> <li>◆ Coach Says: Put the ball on your head, roll the ball to your parent, kick the ball to your parent, bounce the ball on the ground, throw the ball as far as you can, give your ball a big hug, etc.</li> </ul> </li> </ul>

**PHYSICAL SKILLS**

**Kicking!**

<b>Equipment</b>	<input type="checkbox"/> <b>Playground balls</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Each player will pair up with their parent and find their own space in the play area</li> <li>→ Have parents gently roll the ball to their child and players will kick it back to their parent</li> <li>→ Encourage players to try doing big kicks and little kicks as the ball rolls toward them</li> </ul>

**Run the Bases!**

<b>Equipment</b>	<input type="checkbox"/> <b>Baseballs, cones, hula hoops</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Depending on the amount of players in the group, set up 1-2 diamonds using the spot markers.</li> <li>→ As a whole group, start by lining up behind the coach. The coach will lead the group around the diamond, jumping on the markers (the bases) each time you pass one.</li> <li>→ Then, split the class up between the diamonds. Each diamond will get one ball for the coach to roll.</li> <li>→ Players will line up behind the home plate and take turns kicking the ball and running the bases and back to home plate.</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Incorporate Physical Literacy Skill - I.e. for one round, all players must skip around the bases</b></li> <li>• <b>Progression: Kickball Tag -</b> <ul style="list-style-type: none"> <li>○ Create a line using spot markers behind home plate and second base for players to line up at</li> <li>○ Divide the players into two teams - one team lines up behind the home plate, and the other behind second base</li> <li>○ 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</li> <li>○ 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</li> <li>○ They can only tag players with two hands on the ball</li> <li>○ After completing their turns, both players go to the back of their lines and the next players take a turn; Allow each player a few turns before switching the groups roles</li> </ul> </li> </ul>

**SOCIAL SKILLS**

**Kickball Tag!**

<b>Equipment</b>	<input type="checkbox"/> <b>Hula hoops, kickballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Place hula hoops around the play area. These will be the safe zones.</li> <li>→ The coach will start as the tagger and will run with a kickball to tag the players by tapping them with the ball.</li> <li>→ Players can jump into the hula hoop to be safe but can only stay in the hoop for 5 seconds .</li> <li>→ When tagged, players grab a kickball and join the coach to tag others</li> <li>→ Emphasize <b>teamwork</b> by encouraging players to <b>work together as a team</b> to tag all of the players</li> </ul>

**FUN ACTIVITY**

**VIP Tag!**

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, hula hoop</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>→ Place one hula hoop on the ground in one corner of the boundary zone</li> <li>→ Choose one player to be the "VIP"; they stand inside the hula hoop - the hula hoop is the VIP's safe zone</li> <li>→ Assign 1-2 players to be IT and all other players play tag</li> <li>→ If a player is tagged, they must sit down where they are</li> <li>→ The VIP's role is to high five seated players to bring them back into the game, without getting tagged</li> <li>→ If the VIP gets tagged, the round ends!</li> <li>→ Rotate the VIP each round so everyone who wants a turn gets a chance.</li> </ul>

**WRAP UP**

## Huddle & Review!

### Review

- Who can tell me what actions we practiced in kickball today (kicking, tagging, running the bases)?
  - What social skill did we work on today?
  - Yes, **teamwork**! Can I hear everyone say “**teamwork**”?
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### Cheer

- The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!
  - Be as LOUD as you can!
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### Stickers

- ★ Hand out Kickball and **Teamwork** stickers