

Age: 3-5 / 5-7		Sport: Kickball	
Duration: 60 mins	Physical Skills: Kicking, tagging, running the bases	Social Skill: <b>Teamwork</b>	Stickers: Kickball, <b>Teamwork</b>

**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>  <b>Intro</b>	<ul style="list-style-type: none"> <li>• <b>Teamwork</b> 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 <b>teamwork</b>? <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>
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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>	<ul style="list-style-type: none"> <li>★ <b>Skipping</b></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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**VIP Tag!**

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, hula hoop</b>
<b>Key Points</b>	<hr/> <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> <hr/>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• Incorporate Physical Literacy Skill - I.e. all players must skip, only players who are IT must skip, etc.</li> <li>• Place two hula hoops in opposite ends of the space and have 2 VIP players</li> <li>• To better indicate who is IT - players who are IT can run with a ball and tag players with the ball (with two hands, not throwing the ball)</li> </ul>

## PHYSICAL SKILLS

### Kicking!

#### Equipment

- Cones, playground balls

#### Key Points

- Divide players into partners - each pair with one ball
- Use spot markers or cones to set-up the passing distances for each pair, so that partners stand across from one another
- One player rolls the ball to their partner - the partner kicks the rolling ball back
- After 5 rolls / kicks, partners switch roles
- Focus on contact with a rolling ball first over power of the kick

### Base Running Relay!

#### Equipment

- Cones, bases, playground balls

#### Key Points

- Set up two diamonds side by side with bases and a 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 - each team lining up at a diamond behind the home plate
- When the coach says GO, the first player in line at each diamond runs the bases, tags the next player in the line, and then sits down at the back of the line
- The first team with all players done running and seated in line wins
- Ensure that players touch every base including their return to home plate when running

#### Adaptation

- Incorporate Physical Literacy Skill - I.e. for one round, all players must skip around the bases

## 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
- 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
- Emphasize fun, **teamwork** and effort over competition

#### Adaptation

- 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

## FUN ACTIVITY

### What Time is It Mr Wolf!

<p><b>Equipment</b></p> <p><b>Key Points</b></p> <p><b>Adaptation</b></p>	<p><input type="checkbox"/> Cones</p> <hr/> <p>→ Set up a wide line of cones on one end of the space</p> <p>→ Players will stand along the line to start</p> <p>→ When the players call out, “what time is it Mr. Wolf?”, the wolf (coach) responds with “it’s [time] o’clock”, and players proceed to take that many steps towards the wolf</p> <p>→ When the coach yells “lunchtime”, all the players have to run back to the starting line and the coach will be trying to tag them</p> <p>→ If tagged, that player joins the coach as a wolf to tag players BUT the coach still controls the time + lunchtime</p> <hr/> <p>• Can substitute this game for an alternate fun activity of the kids choice</p>
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**WRAP UP**

**Huddle & Review!**

<p><b>Review</b></p> <p><b>Cheer</b></p> <p><b>Stickers</b></p>	<p>→ Who can tell me what actions we practiced in kickball today (i.e.kicking, running the bases, tagging)?</p> <p>→ What social skill did we work on today?</p> <p>→ Yes, <b>teamwork!</b> Can I hear everyone say “<b>teamwork</b>”?</p> <hr/> <p>• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!</p> <p>• Be as LOUD as you can!</p> <hr/> <p>★ Hand out Kickball and <b>Teamwork</b> stickers</p>
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