

## Unparented Classes - Warm-Up and Farewell

Duration: 10-13 minutes

### **Welcome Guardians and Kids**

Introduce coaches by name

Welcome to week one! We are really excited to meet all of you and get the season started! Each class we will focus on a physical sport skill and a life skill associated with sport like leadership, teamwork, sportsmanship, etc. Kiddos will get really cool stickers at the end of each class outlining what we worked on. These will go on their sticker chart that they keep at home.

Today our adults are going to stay for about 10 minutes as we warm up our bodies and muscles then they are going to leave so we have more space to play and have so much more fun! After today, our adults are going to leave after they drop you off, so we have the most time possible to play, play, play!!

### **Warm-up 1: Circle Stretches + Animal**

- Have the kids and adults get in a circle.
- The coach will do a movement and the kids will follow: Get their bodies moving by doing jumping jacks, marching on the spot, arm circles, stretching high, stretching low, etc.
- Next ask the kids what type of animal their parent reminds them of - pick an answer and have the kid show the group a movement that animal would make. The group does these movements. Continue this for 2-3 animals. (If there is little engagement, the coach can choose the animals)

### **Warm-up 2: Kangaroos and Crocs** - <https://www.youtube.com/watch?v=ptl9HTHqb8g>

- Parents line up on one side of the center cones and the kids on the other side
- The walls can be what they are racing towards
- Add flavor to this game by having them do activities like jumping jacks, dance party, fake touchdown celebrations (no balls), basketball jump shots (no balls), etc. **then** calling kangaroos or crocodiles. (stay clear of things the adults wont want to do E.g. burpees)



#### Farewell:

- Get the parents to line up on the wall by the exit
- say:
  - o Parents will be heading out now
  - o Who's going to have more fun, them or us?! Have the kiddos yell 'us'
- We're going to run right over and give 5 high fives to whatever adults you can find then run back here **AS FAST AS POSSIBLE**. It's a race. Once you get back here come over to me to pick your ball and we'll get started. Have one coach lead the way doing this.
- As soon as the high fives are done, one coach gets the parents out the door and the other coach immediately engages with the group starting the first game.