

Session Plan – Ready Set Sport Delivery 8

Teacher	CCC Staff	Venue	
Session title	Ready Set Sport Session 8 Life Skills	Time	1 hour
Child Outcome	<p>At the end of this session participants will be able to develop:</p> <ol style="list-style-type: none"> 1. Exposure to Life skills, consequently building personal character. 2. Hand eye/foot coordination 3. Gross motor skills including: <ul style="list-style-type: none"> • Running • Jumping • Throwing • Balancing 		
Resources/ Equipment	<p>Life Skills:</p> <ul style="list-style-type: none"> • Variety of balls different size/ density • 10 marker cones • Coloured bibs • 2 sets of stumps per game or Bowler Goaler 		
Preparation	<ul style="list-style-type: none"> • Confirm all advertisements have been achieved • Plan travel arrangements, prepare and pack clinic resources and above. • Complete event checklist, vehicle inspection checklist and risk assessment and safety checklist all held in event booklet 		

Time	Activities
INTRODUCTION	
5 min	<ul style="list-style-type: none"> • Welcome and Introduction – Refer to event booklet. • Introduce yourself and staff to the participants. Confirm the capacity of those in attendance to actively participate.
10 mins	<p><u>Sticky Limbs</u></p> <ul style="list-style-type: none"> • Mark out square area 20m x 20m, increase if larger numbers. • Have children start running, walking, skipping, or hopping around area. • When coach calls out a number and a limb children must find themselves in that group (elbows x4). • Play for 3 to 4 minutes as part of the warm up • Good introduction to increasing children’s knowledge of bones and body parts <p><u>Stretches</u></p> <ul style="list-style-type: none"> • Over 10 meters children do all types of Dynamic stretches (Leg swings, star jumps, lunges, High skips, high knees, but kicks, squats) • Static stretches (touch toes, quad stretch, arm stretch)

15
mins

4 Square (Page 4 playing for life)

- 8 players divided into 2 teams.
- Playing area is divided into 4.
- A player from each team goes into a square.
- Team in possession of the pass passes it to their teammate in any of the 4 squares.
- trying to avoid interception.
- Players must remain in their square.
- Winners are those who score the highest number of consecutive passes.

Rules:

- Players can pass in any direction but NO RUNNING with the ball.
- If the interceptors catch the ball or knock it out of play, they can take the possession.
- Vary the pass e.g. high only or bounce only.

Equipment:

- Variety of balls different size/ density can use sports specific balls
- 10 marker cones
- Coloured bibs

Point Player (Page 5 playing for life)

- Split kids into 2 teams.
- Create a volleyball/netball area marked with end zones.
- Attackers score points by passing to each other for 30 seconds.
- Bonus points if the ball is passed to the teammate in one of the 2 end zones.
- Defenders try to intercept the ball.

Scoring:

- One point per pass
- Additional 5 points for passes to the end zone
- 3 points deducted if ball is intercepted or deflected

Rules:

- Defenders must stand 1m from attackers, no body contact.
- No restriction on the number of defenders in the end zone.
- If defenders intercept the ball, it is placed on the ground for an attacker to resume play. Play continues for attackers until 30 second elapses, then the ball changes over.
- Option to limit number of defenders in the end zone or remove end zone and allocate a 5-point player in that zone instead.

Equipment:

- bibs
- stopwatch
- netball/basketball space marked
- one ball (volleyball size)

Prison Break

- Split the children into two even teams.
- Mark a large rectangle and split in the middle using markers.
- Make a red square 2m x 2m in one corner as a prison for one team and blue square 2m x 2m opposite corner for the other.
- Scatter 5 balls throughout each rectangle
- Both teams start inside their safe zones.

Rules/play:

- The object of the game is to get as many balls as possible from the other teams' safe zones and bring back to your safe zone.
- As long as a player is in their safe zone, he cannot be tagged.
- The minute a player leaves the safe zone (half-way) in order of collecting a ball he can be tagged by the other team waiting in the field.
- If a player is tagged while trying to make it from their safe zone to collect a ball in oppositions zone, then they must go to prison (red or blue square).
- Team-mates can help you escape prison by making it to you without being tagged. Once they have made it to you, they link arms and go back to their safe zone.
- If you collect a ball without getting tagged, you get to take that ball back to your safe zone.
- You cannot be tagged once you have a ball or have a made it to a teammate in prison on return to your safe zone.
- After 5-minutes or anytime period is up lead by coach the team who has most balls in their safe zone are the winners
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Equipment:

- 10 balls
- 20 markers
- 2 sets of bibs to identify teams.

Flip it (Page 65 playing for life)

- Divide players into 2 groups.
- Each player has a marker.
- Set a timer for 45 sec or so.
- Half the players place their markers with the round side up and the other half with the round side down (dish up).
- On go players run around trying to flip over the other groups markers to match their own.

Rules/play:

- Whichever group has the most domes or dishes standing when the time is up wins.
- Players should adopt actions to avoid bumping heads, look short and long.
- Use a 'breaking' activity as the player approaches the marker for slowing down child e.g., jump and clap.
- In small area restrict players to walking

Equipment:

	<ul style="list-style-type: none"> • Marked playing area • One dome shape marker per player or cones
COOL DOWN	
5 mins	<p>Stretches</p> <ul style="list-style-type: none"> • Create a circle • Dynamic (Leg swings, star jumps, lunges, High skips, high knees) • Static (touch toes, quad stretch, arm stretch)
CONCLUSION	
5 mins	<p>Get feedback on how the participants felt doing the program. Video interview with children about the fun they are having.</p> <ul style="list-style-type: none"> • Did you have fun? • What was your favourite thing about today?