

Session Plan – Ready Set Sport Delivery 3 & 6

Teacher	CCC Staff	Venue	
Session title	Ready Set Sport Session 3 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><i>Life Skills:</i></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 a few minutes, the coach can then introduce elimination to have a winner or play until kids have lost interest. • Good introduction to increasing kids' knowledge of bones and body parts

Stretches

- 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

Fish in the Net (Page 64 playing for life)

- Establish boundaries.
- Nominate 3 players to be the net. Other players disperse.
- Start the game on a signal.

Rules:

- 3 players form the net by holding hands.
- They catch others by surrounding them.
- Caught players join the net and the game continues.
- Play with 6 or more.

Equipment:

- 4 marker cones

Warriors and Dragons (Page 185 playing for life)

- Establish a playing area. 10m x 10m
- Two teams: Warriors and Dragons.
- Bibs for the dragons.
- One team, called the Warriors, pass a ball to each other and try to tag members of the opposing team, called the Dragons. If Dragons are tagged, they become Warriors.
- When all the Dragons are caught the teams swap over.

Rules:

- Dragons can run but not into the moat because dragons cannot swim.
- Warriors are not allowed to step with the ball or throw it at a dragon.
- Warriors are not allowed to hold the ball for any longer than 3 seconds.

Equipment:

- Bibs
- 4 Cones
- 1 medium sized ball

End Ball (Page 55 playing for life)

- Form 2 teams and a playing area with 3 zones in a large rectangle. Players are paired off in each zone.
- Each team sends a player to patrol the opposite end line (behind the line). Rotate this position.
- The game starts with one player in the centre zone in possession.
- One player starts in the centre zone of the court with the ball and passes the ball to teammates in each zone.
- The object is to get the ball to the end player.

Rules/play:

- Players can pass in any direction – no running with the ball.
- Begin by using 'netball' rules – pass and move, no travelling with the ball.
- No end-to-end passing – ball must pass through each zone.

Scoring:

- A point is scored if the end player catches the ball on the full.
- Alternative – to promote inclusion, make the catch optional, or every team member has to touch the ball before they can score.

Equipment:

- Indoor or outdoor playing area
- Variety of balls
- Marker cones
- Colored bibs

Beat the Ball

- 1 large circle of children or 2 smaller ones with around 10 players.
- Children stand 2 metres away from each other.
- One child starts with the ball and passes to their left.
- They run around the circle in same direction.
- The ball is passed the entire way around the circle trying to beat the player running around the outside of the circle back.

Scoring:

- 1 point for your self if you beat the ball back.

Rules/play:

- The aim of the game is to try and beat the ball back to where you started from.
- The ball cannot be skipped past any child. It must go the whole way around the circle.

	<p>Equipment:</p> <ul style="list-style-type: none"> • 10 markers to make a circle • 1 medium-sized ball.
CONCLUSION	
5 mins	<p><u>Stretches</u></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	<ul style="list-style-type: none"> • Get feedback on how the participants felt doing the program. Video interview with children about the fun they are having. • Did you have fun? • What your favorite thing about today