

Kicking WEEK SEVEN

THIS SET OF LESSONS PROVIDES games and activities to help children develop kicking skills, flexibility, general fitness, strength, body awareness, coordination, spatial concepts, and adaptive skills (following directions, imitating motor movements).



Special Olympics
young athletes™

www.specialolympics.org/youngathletes



Overview

Lesson Plans (Day One, Day Two, Day Three) provide details to help you plan and carry out the Young Athletes program with a group of children between the ages of 2 and 7 years old.

Adults Needed: Plan for at least 1 adult for every 4 children. Recruit help from families, volunteers, older students, college students and others in your community to make sure the program runs smoothly and is fun.

Time: Young Athletes is implemented with great enthusiasm, high energy and quick pace. Time estimates are provided to guide completion of each lesson in 30 minutes. However, the pace and length of the lesson should be matched to the needs, interests, ages, and skills of the young athletes in your group.

Sequence: There are three lessons for each skill area labeled Day One, Day Two and Day Three. Lessons within the skill area are designed to be offered in sequence to help children become acquainted with the activities and build skills through repetition.

Resources: The Lesson Plan Summary Cards include an outline of the activities, list of equipment needed, and page numbers to find the activity descriptions. The cards, Young Athletes Activity Guide, Suggestions from Teachers, and training videos are included in the online Toolkit (see website below).

Playing at home: Give families the Lesson Plan Summary Cards and encourage them to sing the songs and play one or two games with their child at home before the next session. Help them learn about the activities by including them in your group sessions and/or providing a family training session. Be sure they have access to the Activity Guide and Videos for more information.

>> See the Young Athletes Toolkit online at:
www.specialolympics.org/youngathletes

Opening Sports Song (4 min.)

PURPOSE Start each Young Athletes class with a gathering/warm-up song with motions. Use a common melody and motions that children have done before or are familiar with. This will help them warm-up, serve as a gathering activity, create body awareness and support adaptive skills (follow directions, sing along, imitation of motor movements).

EXPLAIN "Let's start Young Athletes with our Sports Song. Sing along with me and do what I do."

SING **Wheels on the Bus melody:**

- The athletes in our class can jump, jump, jump, jump, jump, jump, jump. The athletes in our class jump, jump, jump - all through the day.
- The tennis player on the team can swing their racket, swing their racket, swing their racket. The tennis player on the team can swing their racket - all through the game.



Kicking (5 min.)

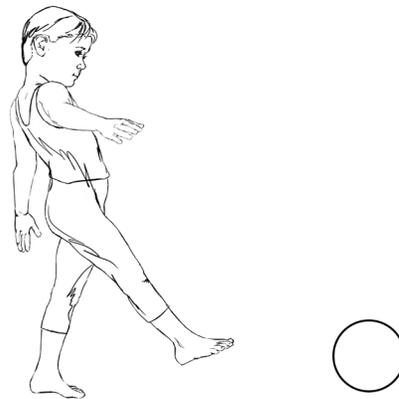
EQUIPMENT Beach ball, slow motion ball, junior size soccer ball or playground ball

PURPOSE Motor coordination, general fitness, flexibility, motor skills. Introduction of Week 7 skills.

DEMONSTRATE AND LEAD "Athletes, now we are going to kick the ball. Watch me!"

Tips: The child's eyes should be focused on the ball; Non-kicking foot should be positioned just behind and to the side of the ball; The kicking leg should bend at the knee for a back swing and should follow through; The opposite arm swings forward as the ball is kicked.

- Stand behind the ball. Now kick it.
- Have the child kick the ball towards you with his/her preferred foot.
- Wonderful. Now get the ball and give it to (child) to kick.



Penalty Kick Prep *(6 min.)*

EQUIPMENT Beach ball, slow motion ball, junior size soccer ball or playground ball

PURPOSE Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating, motor movements)

DEMONSTRATE AND LEAD “Now let’s get ready to play soccer! We are going to run and then kick the ball. Watch!” Place a ball on the ground.

- Walk to the ball and kick it.
- Have children repeat activity, progressing to running and kicking.
- Great! Let’s do it again.

Kicking for Distance *(5 min.)*

EQUIPMENT Beach ball, slow motion ball, junior size soccer ball, playground ball, cones, floor markers

PURPOSE Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating motor movements)

DEMONSTRATE AND LEAD “Let’s see how far we can kick the ball. Which marker can you kick the ball past? “

- Encourage athletes to walk or run up to the ball and kick it for distance by having them kick a ball past various markers.
- Great job! Can you kick the ball past the cone (blue maker, etc.)



Kicking for Accuracy (6 min.)

EQUIPMENT Beach ball, slow motion ball, junior size soccer ball or playground ball; cones, floor markers

PURPOSE Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating motor movements, counting)

DEMONSTRATE AND LEAD “In soccer you score goals by kicking the ball through the cones. Now let’s try to make a goal in a soccer game.” Place a ball on the ground.

- Encourage child to walk or run up to the ball to kick to toward a goal or between 2 cones.
- Great – let’s see how many goals the team has scored (count as each child scores a goal).

Closing Sports Song (4 min.)

PURPOSE End each Young Athletes class with a closing/cool-down song with motions. Use a common melody and motions that children have done before or are familiar with.

EXPLAIN “It is time to end Young Athletes. Let’s sing If You’re Happy and You Know It. Sing along with me and do what I do.”

- SING**
- If you’re happy and you know it, wiggle your arms (flap like a bird’s wings, walk around with arms outstretched)
 - If you’re happy and you know it then your face will really show it if you’re happy and you know it wiggle your arms.

Opening Sports Song (4 min.)

EXPLAIN "Let's start Young Athletes with our Sports Song. Sing along with me and do what I do."

SING AND DEMONSTRATE Wheels on the Bus Melody

- The runners in our class run, run run (run in place). The runners in our class run, run, run - all through the day.
- The hockey players in our class strike the puck, strike the puck, strike the puck (make hockey motion from week 6). The hockey players in our class strike the puck - all through the game.

Penalty Kick Prep (4 min.)

Repeat Activity from Day 1.

Kicking for Distance (5 min.)

Repeat Activity from Day 1.

Kicking for Accuracy (5 min.)

Repeat Activity from Day 1.



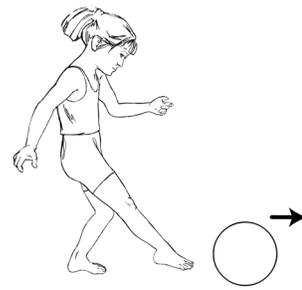
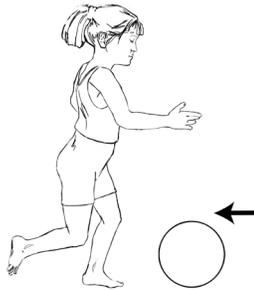
Kickball (5 min.)

EQUIPMENT Beach ball, slow motion ball, junior size soccer ball or playground ball

PURPOSE Body Awareness, general fitness, flexibility, motor skills (run, jump, throw, balance) and adaptive skills (following directions, imitation of motor movements)

DEMONSTRATE AND LEAD “Now let’s kick the ball as I roll it to you. Remember to keep your eyes on the ball!”

- Roll or kick a ball toward an athlete and encourage him/her to kick the moving ball toward you or a moving target.
- Have the athlete bring the ball back to you.
- That was a great job. Now let’s do it again with (child).
- Give athletes more opportunity to practice by assigning adults to small groups.



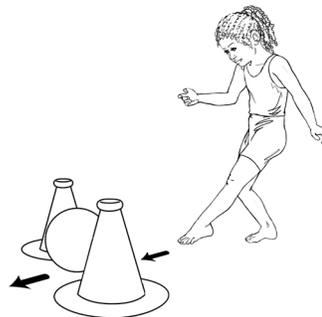
Give and Go (5 min.)

EQUIPMENT Beach ball, slow motion ball, junior size soccer ball, playground ball; cones

PURPOSE Motor coordination, general fitness, flexibility, motor skills, eye hand coordination, and adaptive skills (following directions, imitating motor movements, counting)

DEMONSTRATE AND LEAD "Let's play soccer. I am going to kick the ball to you and you kick it between the cones."

- Kick a ball toward the athlete and encourage him/her to kick the moving ball toward a goal or between 2 cones.
- You scored a goal! Let's keep count and see how many goals our team can score.
- an object and other athletes go under.



Closing Sports Song (3 min.)

Repeat the song you used in Day 1 to end the Lesson.

Opening Sports Song *(4 min.)*

EXPLAIN "Let's start Young Athletes with our Sports Song (Wheels on the Bus melody). Sing along with me and do what I do."

SING AND DEMONSTRATE **Wheels on the Bus Melody**

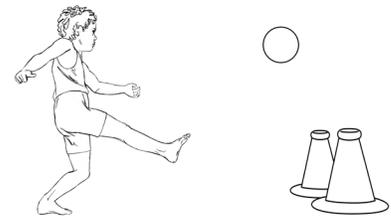
- The soccer player in our class kick the ball, kick the ball, kick the ball. The soccer players in our class kick the ball - all through the day.
- The pitcher on the team throws the ball, throws the ball, throws the ball. The pitcher on the team throws the ball - all through the game.

Kicking for Distance *(5 min.)*

Repeat the Activity from Day 1 and 2.

Kicking for Accuracy *(5 min.)*

Repeat the Activity from Day 2.



Kickball *(5 min.)*

Repeat the Activity from Day 2.

Give and Go *(4 min.)*

Repeat the Activity from Day 2.

Bridges and Tunnels (4 min.)

PURPOSE Strength, general fitness, and adaptive skills (following directions, imitating motor movements)

DEMONSTRATE AND LEAD “OK, Now we are going to play tunnels and bridges. First let’s make our tunnel!” If physically able, have one athlete bend forward so that hands and feet are on the ground to form bridges and tunnels. Encourage other athletes to crawl (inchworm, walk) under tunnel or bridge.

Tunnels

“Who can bend like this to make a tunnel? (Hands and feet on ground, bottom up making tunnel). Awesome, he/she made a tunnel. Now, who can go under his/her tunnel? Great! After you go under the tunnel, you make a tunnel right next to him/her! Great, now our tunnel is even bigger!”

- One athlete forms a tunnel by touching the ground with his/her feet and hands or by getting down onto hands and knees.
- The other athletes crawl, scoot, under the tunnel.
- Once they go under the tunnel, have each athlete extend the tunnel (by forming a tunnel next to the person who has already made a tunnel).

Bridges

“Ok! Now we are going to play bridges. Who can bend like this to make a tunnel? (Sit on ground. Place hands/feet flat on ground.) Push bottom off ground. Great! Now let’s make a bridge and go under the bridge!”

- One athlete forms a bridge by sitting with his/her hands and feet flat on the ground and pushing his/her bottom off the ground.
- The other athletes crawl, scoot, under the bridge.
- To make it easier have athletes place their feet or hands on wall or an object and other athletes go under.



Closing Sports Song (2 min.)

Repeat the song you used in Day 1 and 2 to end the Lesson.



**You have finished Week Seven: Kicking Lessons.
You can now begin Week Eight: Review of Skills as Sports.**