



### WARM UP: DO ALL 4



Arm Circles



Frog Squat



High Knees



Run 3 Laps

### LESSON 1



#### Animal Games

Pretend to be an animal (crab, bear, kangaroo, elephant, horse)



#### I Spy

Scatter equipment (balls, cones, hoops); call out an item for students to run & pick up

### LESSON 2



#### Side Stepping

Start with two feet together; step the right foot to the side and have the left foot move to meet it



#### Move Like an Animal

Move like an animal (hop like a bunny, crawl like a crab, waddle like a penguin)

### LESSON 3



#### Inchworm

Start standing and walk hands forward to a plank; walk feet to hands and repeat



#### Run & Carry

Run to collect a bean bag from one side of the space and bring it back to your team; take turns until all bean bags are retrieved

### COOL DOWN: DO ALL 4



Warrior One Pose



Torso Twist



Butterfly Stretch



Child's Pose





### WARM UP: DO ALL 4



Side Bend



Calf Stretch



Jog in Place



Leg Swings

### LESSON 1



#### Locomotor Skills: Learn the Terms

Explain & demonstrate the movements:  
run, gallop, skip, side step, leap



#### Lilypad Leaping

Place floor markers around the space;  
have students leap from one to another

### LESSON 2



#### Heavy Feet, Light Feet

Students practice stomping their feet hard;  
then practice lighter stomps



#### Round Up

Randomly place cones; students gallop  
and go in a circle around each cone

### LESSON 3



#### Zigzag

Set out cones in a zigzag formation;  
have students run and touch each cone



#### Skipping

Step forward with one foot, then hop on  
that same foot; repeat with the other leg

### COOL DOWN: DO ALL 4



Torso Twist



Butterfly Stretch



Heel Raises



Downward Dog





### WARM UP: DO ALL 4



Lunge



Hamstring Stretch



High Knees



Side to Side Hops

### LESSON 1



#### Moving to a Beat

Use a drum, song, or clapping to create a rhythmic beat; students dance or move to the beat; alternate between fast and slow



#### Freeze Dance

Play or sing a song and have students dance; pause the song and have students freeze; continue the song and have them move again

### LESSON 2



#### Scarf Dancing

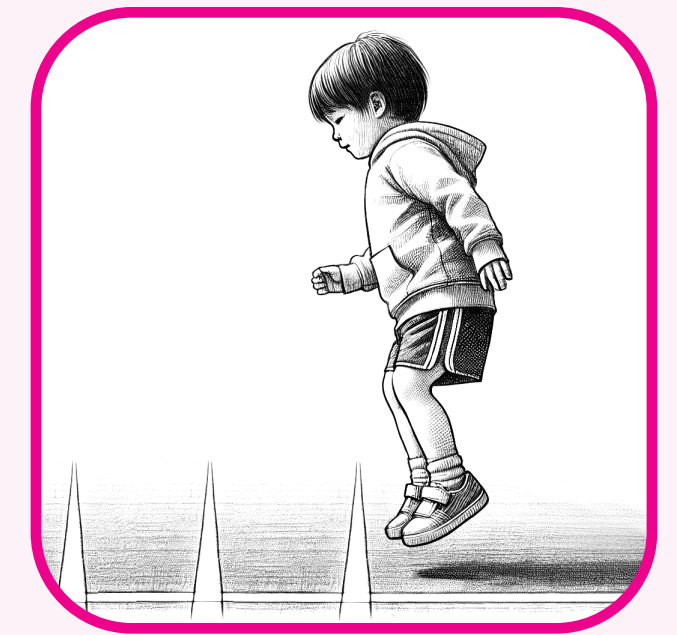
Students spread out with 1 scarf each; follow the teacher's movements to music; with motions like loops, zigzags, and shapes



#### Line Walking

Use sticks or tape to make a line on the ground; students walk along the line, stick, or tape

### LESSON 3



#### Line Jumping

Using chalk or tape, draw 6 parallel lines on the ground; practice jumping & landing on each; try jumping backwards, then sideways



#### Trees in the Forest

Half of the students stand on floor markers & balance like trees; the other half run around the trees with a scarf pretending to be wind; the trees sway when the scarf runs by

### COOL DOWN: DO ALL 4



Cross Body Stretch



Toe Touch



Quad Stretch



Upward Facing Dog





### WARM UP: DO ALL 4



Side Bend



Two Foot Jump



High Knees



Plank

### LESSON 1



#### Rolling and Trapping

Sit in pairs with legs stretched wide and feet touching; roll a ball to practice trapping; try in a group circle formation



#### Goalie Circle

Stand in a circle with feet touching; try to prevent a rolling ball from passing through legs; eliminated players form a practice circle

### LESSON 2



#### Rolling Practice

Place hoops on the floor on one side of space; try to roll balls into hoops; run to retrieve balls that missed



#### Over Under

Stand in a line; alternate between passing a ball over head and under legs; last student runs to the front to restart the game

### LESSON 3



#### Low Ball Catch

Students line up in pairs and practice throwing and catching a ball



#### Circle Ball

Students stand in a circle and practice throwing a ball to each other

### COOL DOWN: DO ALL 4



Arm Circles



Warrior One Pose



Tandem Stance



Deep Breathing





### WARM UP: DO ALL 4



Arm Circles



Lunge



Two Foot Jump



Push Ups on Wall

### LESSON 1



#### Underhand Throwing

Students underhand throw a bean bag onto a spot in front of them; move the spot farther away with each throw



#### Freeze Tag: Underhand Throwing

Play freeze tag, but to become unfrozen, one student needs to underhand throw a ball to the frozen student

### LESSON 2



#### Hot Potato

Stand in a circle and pass a ball while music plays; when the music stops, the holder is out; "out" students start a new circle



#### Jukskei

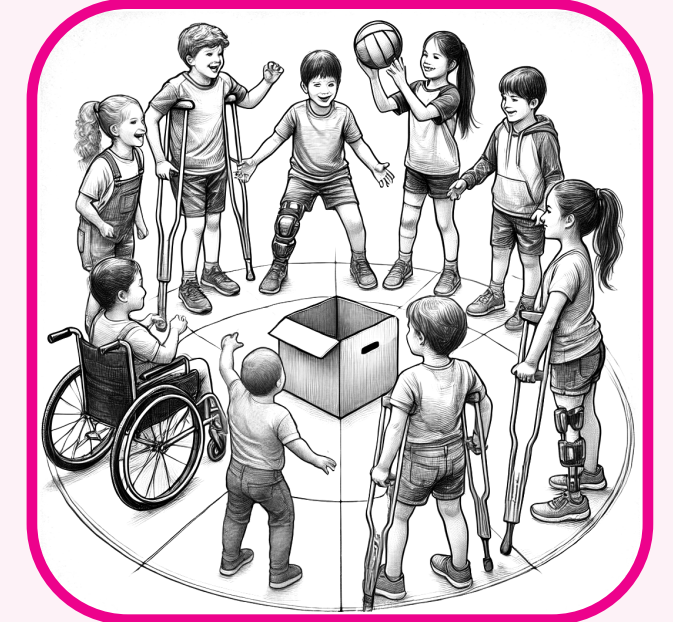
Partners stand in two parallel lines, taking turns underhand tossing a bean bag toward a floor marker and back, aiming for accuracy

### LESSON 3



#### Two Handed Underthrow

Use two hands to throw the ball underhand



#### Shoot to Score Basketball

Place a basket in the center of a circle of students; practice throwing the ball into the basket

### COOL DOWN: DO ALL 4



Cross Body Stretch



Hamstring Stretch



Butterfly Stretch



Downward Dog





### WARM UP: DO ALL 4



Tricep Stretch



Plank



Side to Side Hops



Lunge

### LESSON 1



#### Balloon Striking

Each student has a balloon and tries to hit it up into the air as many times as possible



#### Group Balloon Striking

Students stand in a circle and try to hit one balloon around the circle without dropping it

### LESSON 2



#### Coach Says

Each student has a balloon; the adult or "coach" tells them to hit the balloon high, low, or hit it and turn around



#### Keep It Up

Each student stands on a floor marker with a balloon and tries to keep the balloon in the air without moving their foot off the marker

### LESSON 3



#### Handball

Students practice hitting a ball off of a cone with their hand



#### Air Ball

Two students work together to keep a balloon in the air as long as possible

### COOL DOWN: DO ALL 4



Side Bend



Tandem Stance



Heel Raises



Upward Facing Dog





### WARM UP: DO ALL 4



Cross Body Stretch



Leg Swings



High Knees



Side to Side Hops

### LESSON 1



#### Stationary Ball Kick

Each pair of students has a ball and practices kicking the ball to each other, stopping the ball after each kick



#### Hajla

Take turns kicking a stone or ball; try to land it in the farthest square without rolling beyond it, earn points based on where it lands

### LESSON 2



#### Kicking Targets

Students work in teams to take turns kicking a ball at cones, aiming to knock them all down first



#### Follow the Leader

Pairs of students take turns being leader and follower; leader dribbles a ball and follower imitates, stopping when the whistle blows

### LESSON 3



#### Dribbling Practice

Take turns dribbling a ball through a zigzag pattern of cones, changing directions at each cone, then dribbling in a straight line back to the next student in line



#### Penalty Kick

Take turns kicking a ball toward a goal; retrieve the ball after kicking and pass to the next student; cheer each other on and practice sportsmanship

### COOL DOWN: DO ALL 4



Tricep Stretch



Hamstring Stretch



Side Bend



Deep Breathing





WARM UP: DO ALL 4



Arm Circles



Calf Stretch



Run 3 Laps



Two Foot Jump

LESSON 1



Run and Carry

Take turns running to collect a bean bag and bringing it back to teammates until all bean bags are retrieved



Ladder Jump

Take turns jumping over 6 taped or chalked lines, first using a one-foot leap and then a two-foot jump, trying not to touch the lines

LESSON 2



Bouncing Warm Up

Place a jump rope on the ground and jump side to side along its length; first use single jumps, then double jumps, then try the jumps while moving backwards



Stand, Roll and Trap

Stand in a circle; take turns trapping a kicked ball with the bottom of the foot and passing it to another player while counting

LESSON 3



Parachute Games

Students hold onto a parachute with both hands and engage in various activities:

Lift it high

Run underneath based on called-out categories

Follow leader commands

Roll a ball cooperatively

Count aloud while lifting and lowering the parachute

COOL DOWN: DO ALL 4



Butterfly Stretch



Warrior One Pose



Toe Touch



Child's Pose

