

Curriculum Sports Prep Class

1. Throwing (T-Ball) Three- and four-year-old children can throw a small ball overhead.

a. At this age, throwing for distance and not accuracy should be emphasized.

i. Cues- Point with opposite hand/step with correct foot/follow through fully/ try both arms.

i. Children will use different size objects and balls to make it more or less challenging.

ii. Games- Hit the big Hoop and Throw as far as you can, and try and throw past line

2. Kicking (Soccer) Three- and four-year-old children can kick a ball.

a. kicking for distance and not accuracy should be emphasized.

i. Cues- planting with their non kicking leg/ kicking with a full range of motion.

3. Catching (Football/Baseball/Basketball) Catching is a skill that may be difficult for some three- and four-year-olds.

a. Stopping a rolling ball

i. Cues- Focusing on catching with hands and not having the object come into the body.

ii. Games can be Spud can be done by giving each child a number and throwing or rolling a ball and saying a number. The child whose number has been called must control the ball & In Wonder-Ball, the children make a circle, as wide as desired, and sing, "The wonder-ball goes round and round. Do not let it touch the ground."

- b. Swatting a thrown ball
 - i. Cues-Swat the bug (Top, Bottom, Side, Side)
 - ii. Games- Throw the ball to different areas high, low, and the sides and the child must smack it with his hand. “Smack that bug.”
- c. Catch with two hands.
 - i. Cues-Eyes on ball, use two hands, catch with your hands only.
 - ii. Games- Catch and roll- Parent or coach throws a soft, medium ball, and child will try and catch it. The child will then follow the two-step instruction “Catch it go!! Roll it slow” and roll it back with two hands.

4. Striking an object (T-ball, Tennis)- 3–4-year-olds can learn the fundamentals of how to strike an object with correct form.

- a. Hitting a tee with different color tape on it
 - i. Cues off tee- hit below the red stripe, hit above the red stripe. two hands on bat, eye on ball, twist those hips!! A ball can be added as the skill improves. Focus is on the proper striking.
 - ii. Cues hitting a ball on ground- A big ball will be placed on ground and children will try and hit it with an object. Working still on swinging hips/eye on the ball and hitting with power.

5. Balance- The ability to stand in upright position without falling over.

- a. Children will be asked to balance, hop, skip on one foot and alternate. (Many variations)
- b. Children will be asked to walk on a line, piece of wood, with both feet trying to stay on it.
- c. Children will try to balance on a rope.

6. Agility-Moving about and being able to change directions and body position while body under is control.

- a. Children will do multiple ladder drills. Walking, hopping, hopping on one foot, hopping, and skipping a ladder space, etc.
- b. Children will be able to use zig zag games around cones without knocking them over.
- c. Children will be asked to run with proper form.
 - i. Cues- Run with your arms close to your side, keep your head still, alternate arms and feet.
 - ii. Games-turkey trot, elephant run, and lion sprint. Students will be asked to trot slowly like a turkey making noises, jog like a elephant and make noises, and Lion run while roaring! Red light, green light.
 - iii. Hopping over objects

7. Spatial Awareness- The ability to find open spaces, form circles, keep distance from others, ability to line up properly when instructed.

- a. Children will run and find an open space when asked.
 - i. Cues -Do not be next to a friend and you should not be able to touch a friend when I say stop.
- b. Children will be asked to form circles with arm's length distance. First on a circle on ground then move to making a general circle with a group without line markings.
- c. Line-Up -children: will be able to line up next to other children in specific areas. Ready set let's go!
 - i. Cues- Move quickly with walking feet, no touching any other friend (Hands to side), and you will have to be there in 10 seconds.

8. Body Movements- Children will be able to move, stretch, and form shapes with their body to enhance cognitive listening as well as controlling their bodies.

- a. Students will be asked to create different letter shapes with their bodies. Ex. Make T with your body, make a X with your body. Run around zig zag like a snake. Run around slowly like a turtle. Hop around like a bunny.
- b. Children will learn how to hold and maintain many different stretching positions and hold for ten seconds while counting to ten. Teacher can use English and Japanese numbers. Children will participate in counting to ten.

9. Cognitive/Emotional Skills- Children will be able to follow directions without much correction. Children can learn two step and three step instructions and will build up to this through the nine-week course. **Parents will be very important in these activities and asked to help correct mistakes and off task behaviors!**

- a. Many instructions can be given in this area. The number of different games and ideas can be continually changed and revised as we continue through this new class.
 - i. Games- head shoulders knees and toes, red light green light, run to cone and stop next to it without touching it, find a blue ball or red ball and sit down next to it and touch with your elbow, clapping patterns (one, two three, clap with me) Students are to try and imitate the pattern of instructor. Tap my head then my feet. Tap my head then shoulders. Three step instructions at the end in order touch you nose, elbow, and knee.

