

Active Start & Fundamentals

Warm Up – 10 Minutes

Active Start: Pirate Ship

- This is a Simon's Says alternative, as the athletes will pretend they are on a pirate ship! Have athletes stand in a line. Demonstrate each command.
- Commands (simple); Port - run to the left side of the ship, Starboard - run to the right side, Bow - Run to the front of the ship, Stern - run to the back, Main Deck - athletes run to form their original line.
- Commands; Scrub the deck - athletes crouch down and pretend to clean the floor, Climb the Rigging - athletes pretend to a climb a rope ladder, Captain's Coming - athletes salute and shout "Aye Aye Captain", Captain's Wife - athletes perform a curtsy motion, Hit the deck - athletes lie on their stomachs.
- After each command is taught, yell a command and have athletes perform activity that is associated with said command.

Fundamentals: Rabbit & Roosters

Move Into Morning Stations

Morning Station #1 – Throwing – 10 Minutes

Active Start: Bean Bag-Hula Hoop Toss

- Set Up
 - Set up hula hoops against the wall (or put tape up as markers)
 - Multiple bean bags set up at starting point.
- How To Play
 - Have athletes line up against a marked starting point (using tape or a line on the gym floor)
 - Instruct the athletes that they will be practicing their underhand throwing as they try to hit the target by throwing the bean bag at the hula hoop on the wall.
 - Demonstrate the skills by bending your knees and swinging your arms through your legs as you throw the bean bag at one of the targets.

Fundamentals: Hula Flip and "Not In My House"

Morning Station #2 – Running – 10 Minutes

Active Start: Kangaroo Tag

Choose an athlete that will be "it". If someone is tagged, they have to hop like a kangaroo until someone else gives them a high five. You can change the difficult level by changing the types of jumps - two foot, one foot, vertical jump, touch the ground and jump up.

Fundamentals: Tail Chase

Run until all athletes tails are gone, and then start again. Use pinneys as tails (if available).

Morning Station #3 – Kicking – 10 Minutes

Active Start: Monkey In The Middle

- Have athletes stand in a circle. Pick one volunteer to be the middle/monkey.
- Athletes will try to pass to one another, without having the monkey get the ball. The athletes are not allowed to pass to the person beside them.
- The monkey/middle person is allowed to play defense as close or far as they want.
- If the middle person/monkey intercepts the pass or gets the ball, the athlete who last touched it becomes the middle person.

Fundamentals: Triangle Kick

Morning Station #4 – Jumping – 10 Minutes

Active Start: Hula Jump

- Spread the hula hoops around the space in a circle formation, ensuring that there is space for movement between each hula hoop.
- How To Play
 - Have athletes stand in the center of a hula hoop. Tell athletes when they say “GO” they will jump out of their hula hoop and then march to the next hula hoop before jumping into it.
 - Demonstrate this by highlighting the importance of bending your knees as you jump through the hula hoops.
 - Athletes will continue jumping and marching until they have jumped their way through all of the hula hoops.

Fundamentals: Rock-Paper-Scissors Run

Morning Station #5 – 10 Minutes

Active Start & Fundamentals: Parachute

- Set Up
 - Spread out the parachute in an open space.
 - Put the bean bags in the middle of the parachute
- How to Play
 - Have athletes grab a space around the parachute, ensure that they are evenly spaced out. Model how to pick up and hold the parachute with two hands.
 - Athletes will pretend that the bean bags are corn and you will be working as a team to try and pop the corn and make popcorn.
 - Model how the athletes will move the parachute up and down thus making the bean bags “pop”!

Athletes Break For Lunch – 11:30am-12:15pm

Afternoon Station #1 – 10 Minutes

Active Start & Fundamentals: Curling

Afternoon Station #2 – 10 Minutes

Active Start: Mr. Wolf

- Have one person be the wolf. The wolf be on the opposite side of the gym/field facing away from the rest of the athletes.
- The rest of the athletes will be lined up on the other side. At the same time, they will all ask “WHAT TIME IS IT MR.WOLF?”
- The wolf will pick any number between 1-12. The number that the wolf chooses is the number of steps they are allowed to take.
- The object of the game is to try to get to the same side as the wolf without being caught.
- If the wolf yells “IT’S TIME TO EAT YOU”, all the children have to try to run to their starting position. If they are caught, they become the wolf. The wolf can yell this at any time he is asked what time it is.

Fundamentals: Volcanos & Craters

Afternoon Station #3 – 10 Minutes

Active Start & Fundamentals: Soccer Shootout

Afternoon Station #4 – 10 Minutes

Active Start & Fundamentals: Obstacle Course

Afternoon Station #5 – 10 Minutes

Active Start & Fundamentals: Bowling