



AFLC KINDERKICK SESSION 1

Learning Intentions:

SKILLS: **Locomotor Skills** - Walking & Crawling.

Object Control Skills -Throwing

SESSION EQUIPMENT:

Whistle, footprints, crawling tunnel, bean bags, round balls, spiky balls, softtouch Australian footballs, rope, space square rubber mats, markers, skittles.

Activity #1 = Welcome

Timing = 5 Minutes

Equipment = N/A

Description:

Welcome song to gather children and encourage them to sit cross legged in front of you. Ensure you are wearing a hat, sunglasses off (if outside) when addressing the children and name badge.

Seat all children, facing away from the sun, and welcome them to the 6 week Kinderkick program. Introduce yourself. Put your hand up if you have heard of the Australian Football?

Over the next 6 weeks we are going to be participating in fun activities, getting on with each other, sharing and singing. Being active means you have a healthy body and you do not get sick as often. What are some different ways you can get fit and stay healthy? These activities will help to develop your fitness and skills so you can become better at moving with and without a football. Motivate with enthusiasm- "Does that sound exciting?"

Teaching Points:

Explaining the rules:

- When you hear the whistle once (blow whistle once) that means 'freeze, stop, no moving'.
- When you hear the whistle twice (blow whistle twice) that means come and sit in front of me (practice this).
- Remember to always share and take turns.
- Have fun!



Activity #2 = Walking

Timing = 10 Minutes

Equipment = N/A

Description:

Link these three activities together in a circular course:

1: Follow the Leader

Coach to walk around play area with children following, walk in straight lines and curves, jumping on rubber mats

2: Tracking

Follow footprints around the play area to follow

Footprints – use the blue feet to follow using left, right foot placement.

3: Walking with feeling

Walk over different surfaces i.e. grass, rope,

Coach asks children to walk in different ways:

- loudly – stomp feet (like dinosaurs, stomp stomp stomp)
- sneaky – tip toe (like a mouse, shhh, shhhh, shhhhh)

Teaching Points:

Key Words:

- Stand tall
- Swing Arms

Key Teaching Points:

- Ensure that arms swing opposite to legs.
- Feet are straight when hitting the ground (not turned out).
- Land on heel then roll to toes.



Activity #3 = Crawling

Description:

Crawling involves the crossing of the body's midline, with opposite arms and legs moving in time. Crossing of the midline involves both halves of the brain and contributes to improving the brain's function

Timing = 10 Minutes

Equipment =

- Bean Bags
- Tunnels

Activities**1. Tunnels:**

Crawl along a course including through the tunnel. Ensure the tunnel is fastened to the ground.

2. Turtles:

Children place soft bean bags on their backs as their "shells". Children then crawl around the course again trying to keep the "shell" balanced on their back, looking up to see where you are going.

Teaching Points:**Key Words:**

- Hands and knees swap.

Key Teaching Points:

- As with walking ensure opposite arms and legs move in coordination,
- Look straight ahead
- Start with the opposite arm and leg and swap.



Activity #3 = Underarm Rolls

Timing = 15 Minutes

Equipment =

- Round ball per pair
- Markers
- Skittles

Description:

Throwing involves a pushing force being placed on an object. Children start throwing with their feet and body remaining stationary and the pushing action coming mainly from the elbow. Under arm rolls provide a very basic form of throwing.

Activities:

Use two rows of markers 2m apart; put each child between each marker to form two lines.

1.Rolling balls in pairs:

Coach to set up children in train track formation. Children are to roll balls (spiky, round balls, AFL) to partners. Variations: increase distance, change the type of ball changed from round to AFL, try from sitting, wide legs and kneeling.

2. Tunnel Ball – Extra Activity

Line children up in groups of 4 or 5. Children to place hands on the shoulders of the child in front and walk back until arms are straight. Children to stand with legs wide apart. The ball starts at the front of the line with the first child who rolls it backwards between their legs. Encourage other children to “help” the ball along. The last child then picks the ball up and runs to the front of the line to repeat. Children may require prompting as the game progresses. For extra progression, switch to the soft touch footys.

3.Skittles – Extra Activity

Set up skittles about 2m away from children. Get children to take turns to underarm roll balls to knock over the skittles. Encourage children to get involved and pick the skittles that have been knocked over.

Teaching Points:

Key Teaching Points:

- Look at your target
- Hold ball with fingers
- Some children may need to use 2 hands



Activity #4 = Conclusion

Timing = 5 Minutes

Equipment = N/A

Description:

Move to a space on the grass in the shade. Ask children to sit with their legs crossed in front of you. Recap the locomotor activities the children just participated in. Introduce the activity by telling the children that they have just used their whole body parts to do these fun activities and now we are going to sing about them. Who knows the song 'head, shoulders, knees and toes'? Begin to sing. They are to use both hands to point to each body part as the song progresses.

Close with some reflecting questioning on the session.

Thank you everyone and we will see you next week – remember to bring your football every week.

Teaching Points:

Reflective Questions

- Can you tell me what you liked doing the best today?
- When you go home tonight you have to tell your Mom and Dad what you liked about KinderKick today.

Explain the 5 rules for looking after your footballs:

- Make sure your name is on the ball
- Bring your football every week
- Practice as much as you can
- Don't practice inside the house
- Sleep with your footy!