



AFLC KINDERKICK SESSION 2

Learning Intentions:

Locomotor Skills - Marching.

Stability Skills - Bending.

Object Control Skills - Throwing (Underarm & catching)

SESSION EQUIPMENT:

Whistle, skittles, round balls, crates, bean bags, balloons, softouch Australian Footballs, markers.

Activity #1 = Welcome

Timing = 5 Minutes

Equipment = N/A

Description:

Welcome song to gather children and encourage them in sit cross legged in front of you. Let the children know it is week 2 of the Kinderkick program and we will be trying new activities together. Introduce the skills they will be participating in: marching, bending, throwing and catching.

Remind what the one and two whistle blows mean – listening and following instruction .

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 = Marching

Description:

Marching is similar to walking, with knees lifted higher and arms swinging larger. Mature marching appears rhythmical, this may not be achieved by all but is the aim of the activity.

Timing = 10 Minutes

Equipment = N/A

Activities:

Marching on the Spot:

Line children up in a straight line asking them to face the coach. Encourage children to pretend that they are soldiers and march on the spot. Focus on high knees and arms.

Marching Rhyme:

Get children march around the play area to 'The Grand Old Duke of York'. Can be done in a line and in free space. If there is equipment available get children to walk up and down a plank.

Grand Old Duke of York song:

The Grand Old Duke of York, He had ten thousand men, He marched them up to the top of the hill , And he marched them down again. And when they were up – they were up, And when they were down – they were down, And when they were halfway up , They were neither up nor down.

Teaching Points:

- Ensure children are standing straight and tall
- Lift knees high.
- Clench fists,
- Land firmly on feet



Activity #3 = Bending

Description:

Bending involves moving the body in a hinge like manner, or “folding the body”. At the preschool age children start to develop an understanding of what joints should and should not bend.

Timing = 5 Minutes

Equipment =

- Footys

Activities:**Exploration**

After demonstrating some bending movements allow children free time to see what other parts of their bodies they can bend. Come back as a group and get children to show the group a “bend” that they can do, the group then copies.

Suggest different positions—sitting and standing.

Joints that can bend include—fingers, wrist, elbow, shoulder, neck, waist, hip, knee and ankles.

Head, Shoulders, Knees and Toes :

Revisit the ‘head, shoulder, knees and toes’ rhyme and movements and get children to follow.

Bend to pick up footys:

Students throw their own footys out in front of them and run to pick it up using bending.

Teaching Points:**Key Words:**

- Bending
- Tucking

Key Teaching Points:

- Ensure bending doesn’t hurt or strain muscles



Activity #3 = Throwing - Underarm

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.

Timing = 10 Minutes

Equipment =

- Skittles
- Round balls
- Crates
- Footys
- Markers
- Balloons

Activities:**Target practice—under arm**

Coach to set up targets for children to aim at—two stations:

1. Skittles and round balls
2. Crates and footys

Children are split into two groups and are rotated through the stations using under arm throws .

Balloon Throw – Extra Activity

Check with teachers if there are any children afraid of balloons. Each child is given their own balloon. Children to have free play time to practice throwing the balloon into the air and attempting to follow and catch.

Teaching Points:**Key Teaching Points:**

- Look at your target
- Turn body slightly
- Have opposite foot to throwing arm forward
- Follow through with throwing arm



Activity #4 = Catching

Description - Catching is a skill of object control that involves the receiving of an object. This is one of the more advanced motor skills as children need to predict where the ball will land and how they will catch it.

Timing = 10 Minutes

Equipment =

- Footys
- Balloons

Activities:

Sleepyhead

Demonstrate the catch. Children form a circle facing inwards, with the coach in the middle. The coach passes footballs to the players who attempt to catch the ball. If a player drops the ball the coach calls out “Sleepyhead”, the player then runs around the circle and returns to their spot in the game.

Balloon Catch - Extra Activity

Children practice catching the balloons that were used in the previous activity (make sure they don't hug it too tight!). Work in lane work formation with coach/es throwing the ball for the children to catch—consistency of throw.

Teaching Points:

- Position the body with lower arms extended from the waist.
- Focus on ball/object.
- Move towards the ball.
- Scoop the ball up to the chest holding the ball tight.



Activity #5 = Conclusion

Timing = 5 Minutes

Equipment = N/A

Description:

Ask children to sit with their legs crossed in front of you on the ground. Hand out the AFL football to each of the children and ask them to put it in their laps. This is the time to touch, look and feel the AFL ball. Make reference to the colour, stitching, laces, orange valve, fabric, weight, size and words.

Sample questions: What is the colour of your football? Can you name something else in this area that is the same colour? How many stitching lines are there? Can you run your fingers across the stitching? What is that orange hole used for? Is the fabric smooth or rough? Is the football light or heavy? Can you name something that is heavier /lighter than the football? Can anyone read the words/letters on the football? Etc.

Conclude with some reflective questions

Thank you and we will see you next week and remember to bring your footballs.

Teaching Points:

Reflective Questions

- Can someone tell me what you liked doing the best today at Kinderkick? Tell the friend next to you?
- What skills did we do today?
- When you go home tonight you have to tell your mum and dad what you liked doing at Kinderkick.