



AFLC KINDERKICK SESSION 3

Learning Intentions:

Locomotor Skills - Running & Jumping.

Stability Skills - Twisting.

Object Control Skills -Throwing (Overarm)

SESSION EQUIPMENT:

Markers, whistles, ropes, round balls, AFL footballs, bean bags, mats, agility poles, space squares, parachute.

Activity #1 = Welcome

Timing = 5 minutes

Equipment = N/A

Description:

Gather children and encourage them to sit cross legged in front of you. Let the children know it is week 3 of the Kinderkick program and we will be completing new activities together. Introduce the skills they will be participating in: running, jumping, twisting and throwing.

Before we begin did you talk to your Mom and Dad about what you did in Kinderkick last week? Did anyone watch look up Australian Football on youtube? Discuss.

Remind what the one and two whistle blows mean – listening and following instruction. Move into the first activity.

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 = Running

Description:

Running is a faster movement than walking that involves the shifting of weight from one foot to another while moving forwards, there is a brief time when both feet are in the air at the same time. By age 3 children should be able to run with a longer stride, this improves to a further increase in stride length, leg swing and overall speed. Running improves fitness levels and is used in various ways as part of play and everyday life.

Timing = 5 minutes

Equipment =

- Agility poles

Activities:

Weaving

Set up two rows of eight agility poles in a straight line. Children take turns to run, weaving in and out of the poles taking care not to touch the poles. Once done the child high-fives the next person in line.

Here, There, Everywhere

Children are told to stop, freeze and listen when they hear the whistle. After blowing the whistle the coach will call out one of the following instructions:

- Here—players run towards the coach
- There—players run to where the coach is pointing, a designated place i.e. a tree, fence, etc
- Everywhere—players run everywhere

Teaching Points:

- Stand tall
- Swing arms
- Look forward
- Arms bent
- Lean forward slightly
- Push off ground.



Activity #3 = Twisting

Description:

Twisting involves the rotation of a body part around its axis. Children in this age group can begin to learn what body parts can and cannot be twisted.

Timing = 10 minutes

Equipment =

- Markers
- Footys

Activities:

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

Easy Twist

Coach stands out the front to demonstrate: Start with simple, easy twists, twisting the body from side to side.

Football Ball Wraps

Holding a football, wrap the ball around the waist, then legs. Get children to imagine wrapping them-selves up like a present—starting at the feet and going to the top of the head. If time allowed: use varying shapes and size balls.

Teaching Points:

Key Teaching Points

- Demonstrate standing facing forward with arms out to the side,
- Twist to one side and then the other.



Activity #4 = Jumping

Description:

Jumping involves both feet leaving and returning to the ground. At this age the take off is quite well coordinated but the landing needs some attention.

Timing = 10 minutes

Equipment =

- Gym mats
- Ropes

Activities:

Kangaroo Jumping

Have children pretend that they are Kangaroos and practice jumping in play area.

Obstacles

Line children up in groups and have them jump over obstacles such as ropes on the ground and placing the space mats in a row. Ensure children jump and land softly – no heavy elephants!

Teaching Points:

Key Teaching Points:

- Feet together
- Bend knees.
- Push off with both feet.
- Bend knees when landing.
- Use arms for balance.



Activity #5 = Throwing - Over arm

Description - Throwing involves a pushing force being placed on an object. As throwing skills progress children will be able to throw using an over arm action. Children will begin to start with the opposite foot forward and body twisting to assist with the force.

Timing = 10 minutes

Equipment =

- Parachute
- Ben Bags
- Footys
- Crates
- Round ball

Activities

Target Practice

Coach to set up two of the following stations for children to rotate through.

- Target—throw at a parachute and try and hit the middle target using square bean bags
- Crates—children attempt the throw bean bags into the two crates - progress up and use footys

Distance throw—children through different objects (round ball, footy, bean bag, etc) and see which travels further

Teaching Points:

- Look at target
- Have opposite foot forward
- Turn shoulders slightly back
- Follow through with other foot as ball is thrown



Activity #5 = Conclusion

Timing = 5 minutes

Equipment = N/A

Description:

Ask children to sit with their legs crossed in front of you. Coach to mime the skills the children participated in; running on the spot, twist waist and arms, jump on the spot and imagine throwing. The children can call out the skill as you do them or ask different students to do them.

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.