



AFLC KINDERKICK SESSION 5

Learning Intentions:

Locomotor Skills - Hopping & Crawling.

Object Control Skills - Catching & Throwing

SESSION EQUIPMENT:

Markers, whistles, round balls, spiky balls, parachute, softouch Australian Footballs, bean bags, crates, hula hoops, agility ladders, tunnels.

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. Let the children know it is week 5 of the Kinderkick program and we will be trying new activities together. Introduce the skills they will be participating in: hopping, crawling, throwing and catching.

Revisit whistle rules

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 = Hopping

Description:

Hopping involves balancing on one leg and making small jumps off the ground. At first hopping movements are small and the child does not use arms to assist. Early on the non hopping leg is held in front of the hopping one, with practice this then move to be tucked behind and heel closer to the bottom.

Timing = 5 minutes

Equipment =

- Hula Hoops
- Markers

Activities:

Practice Hopping

Children are to practice hopping in their own space. Coach is to provide assistance and encourage swapping of hopping leg.

Hopping Circuit

A circuit is set up with markers and hula hoops, children run around the circuit but when they reach the hoops they stop and hop through these. Ensure there is time for rest.

Teaching Points:

- Stand tall on one leg.
- Put arms out for balance.
- Hop off the ball of the foot.
- Bend leg for landing.
- Practice hopping in different directions and on the spot



Activity #3 = 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 =

- Footballs
- Round balls

Activities**Sleepyhead**

Children form a circle facing inwards, with the coach in the middle. The coach handballs/ rolls the football along the ground to the child who catches the ball in a teddy bear hug. 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.

Pairs Catching – Extra Activity

Children are to practice in pairs catching footballs. Partners throw the football two handed underarm to their partner. To vary the activities change the type or size of the football or vary the distance between partners.

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 #4 = Throwing

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 =

- Round Balls
- Spiky balls
- Parachute
- Bean bags
- Crates
- Footys

Activity:

Target Practice

Coach to set up two stations for children to rotate through:

- Target—throw footys and round/spiky balls at parachute from a distance and try to get it in the middle of the target
- Crates—children attempt to throw bean bags into the crates
- Distance throw—children throw through different objects (round ball, bean bag, etc) and see which travels further

Teaching Points:

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



Activity #5 = 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 =

- Agility ladder
- Tunnel
- Bean bags

Activities

Ladders and Tunnels

Crawl along through the tunnel and then children baby crawl / gorilla crawl through an agility ladder

Turtles

Children place soft bean bags on their backs as their "shells", children then crawl through the tunnel and ladder trying to keep the "shell" balanced on their back.

Teaching Points:

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



Activity #6 = Conclusion

Timing = 5 minutes

Equipment = N/A

Description:

Ask children to sit with their legs crossed in front of you on the ground. When you were playing sleepyhead the coach was in the middle passing you the football. What name is the type of pass given to you? (Handball).

Demonstrate this skill as the children will have a go at this next week.

Close with some reflective questioning.

Inform the children that next week is the last week of Kinderkick and we will be inviting their parents to come and observe the program and everything they have learnt over the last 6 weeks.

Remember to bring your football and we look forward to seeing you next week.

Key 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.