

Program Name: **Sports Stars**
 Child's Name: _____
 Week Number: **1 Soccer**

Facilitators: _____
 Attending with: _____
 Date: ____/____/____

Activity	Level 1	Level 2	Level 3	Notes
Warm Up (5 min) "Let's get our bodies sports ready!"				Engagement: 1 2 3 4
<u>Range of motion</u> <u>Upper limb / trunk</u> <ul style="list-style-type: none"> • Roll shoulders • Circle arms <u>Lower limb / trunk</u> <ul style="list-style-type: none"> • Standing toe touch • Stork stand (quad stretch) • Ankle circles (SLS +/- hold for balance) 	<u>Increase heart rate</u> <ul style="list-style-type: none"> • High knees • Jump up/down; left/right • Modified burpees 			
ACTIVITY- Locomotor Skills (10 min) "How fast are your feet?"				Engagement: 1 2 3 4
<u>Running</u> <ul style="list-style-type: none"> • Straight relay race 	Stops to pass, slow	Slows down to pass, faster	Racing swiftly with smooth pass	
<u>Agility & Coordination</u> <ul style="list-style-type: none"> • Weaving 	Large arc around cones	Smaller arc, more forward facing body.	Small arc close to cones. Timed to increase speed	
<ul style="list-style-type: none"> • Toe tapping on soccer ball 	Slowly, one foot at a time	Increase speed	Hopping- moments of no ground contact	
<ul style="list-style-type: none"> • Colour Square 	Large delay direction change.	Small delay in direction change, faster	Swift & coordinated direction change.	
ACTIVITY – Object Control Skills (20 min) "Let's have a ball!"				Engagement: 1 2 3 4
<u>Eye-Foot Coordination</u> Stationary kicking into a goal	Goal 1.5m away. Kicks without stepping	Goal 3m away. Steps beside ball - kick with other foot.	Goal 5m away. Runs to ball and kicks with appropriate force.	
Dribbling drills - To far marker and back in straight line - Weaving around markers in a zig zag pattern.	Walking with large arc around cones.	Slow run with a wide arc around the far cone.	Running with smaller arc around the far cone. Timed/ competitive	
<u>Eye-Head Coordination</u> Goal protection- Heading balls	Large ball thrown directly to child's head	Medium ball to either side requiring step / lean.	Soccer ball thrown to either side or ahead- must step.	
PARTICIPATION - Modified Sports Games (10 min) "It's game time!"				Engagement: 1 2 3 4
<u>Modified Games</u> Week 1 & 2: Soccer Modify as necessary.	All participants work on the same team.	Children work on different teams.	Children work on different teams, include goal protection.	
COOL DOWN (5 min) "2Cool4School"				Engagement: 1 2 3 4
<u>Cool down</u> "Animal Yoga" – Dynamic weight bearing stretches, balance and cool down <ul style="list-style-type: none"> - Downward dog (Hamstring and calf stretch) - Happy cat, angry cat (trunk ROM) - Flamingo (SLS) - Giraffe (side lunge- adductor & lateral trunk stretch) - Butterfly (short adductor stretch) 				
Notes				

AHP Name: _____ Signature: _____