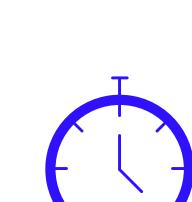
MOVE WELL: SESSION PLAN 2

Stability is one of the three key movement skills. This is essential for keeping balanced and steady, and to prevent injuries in the future. This is important for children of all ages in all sports. Here are three activities that will help children develop their stability. More specifically, these activities encourage children to balance on one or four touch poiints, move sideways or backwards in balance, and land while balanced.



Activity:

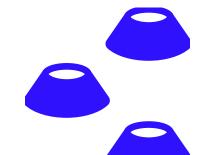
Traffic Warden



Time:

10-15 Mins





Equipment Required:

cone, 1 x green cone, 4 x tall cones

1 x red cone, 1 x yellow

Focus: For children to be able to...

- Stop quickly and safely 2: Find their balance after moving
- 3: Focus on a visual cue while moving

Be sure to:

the above with positive feedback 2: Support those who can't quite do

Recognise when they achieve each of

these yet

How to play

- One child is a traffic warden, and they control the traffic.
- When they raise the red cone, the others must balance on one leg. • When they raise the yellow cone, others must do a big star jump.
- When they raise the green cone, others should move as quickly as they can, avoiding all other traffic.
- Key question to ask:

How can we make sure that we see the traffic lights all of the time?

Allow children to hold onto one another to balance.

Make it easier:

Make it more challenging:

Challenge players to balance on one leg with their eyes closed. Allow the warden to call out a number, 1–4, with their colour. Children then have to balance with that number

of contact points on the floor.



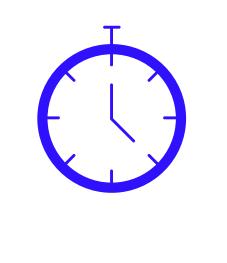
Traffic Warden



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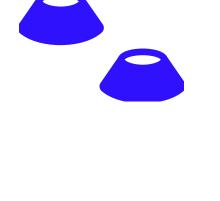


Activity: Balloon Blast



10-15 Mins

Time:



1 balloon per child

Equipment Required:



Remain balanced while in control of

an object

Focus: For children to be able to...

- 2: Position themselves under a moving object

1: Set up and stand back. Let the children experiment

- 2: Allow children who are doing well to demonstrate the skill to others

all fours.

How to play

• Each child has a balloon.

Key questions to ask: How can you give yourself more time to get into place to tap the balloon?

Children do not have to balance on one leg.

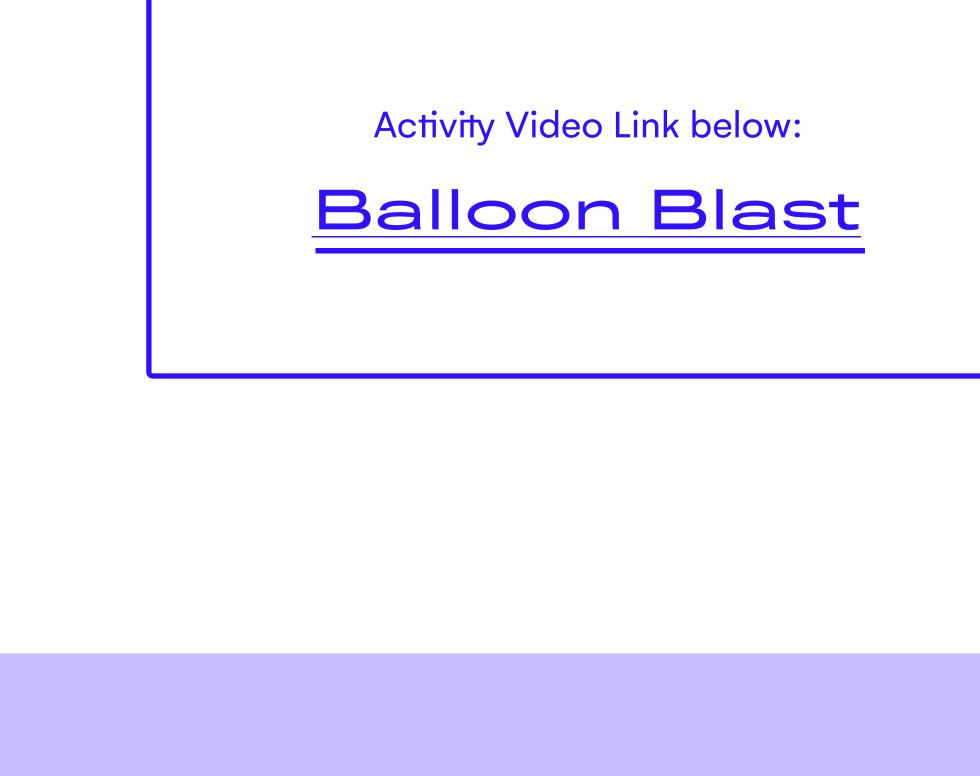
Where might you have your hands? Make it easier:

• They need to keep their balloon from touching the ground by tapping the ball into the air.

• Children should be encouraged to do this while balancing on each leg, and also while on

Move in different ways, and hit the balloon with different body parts. Keep the balloon in the air while on all-fours.

Make it more challenging:



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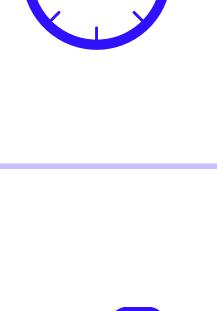


COACH

KIDS

Activity:

MOVE WELL: SESSION PLAN 2



10-15 Mins

Time:

Equipment Required: 20 x cones, 8 x flat spots,

Crocs in the River



large and small)

changing direction 2: Change direction in relation to an object and other players

1 x ball of any kind (mixture of

• Three intrepid explorers have to take the gold (the ball) from one bank of the river to the other. • But in the river there are 2 hungry crocodiles that love gold. • Explorers are not allowed to dribble or run with ball and Crocodiles can only move sideways on their line. • The kid with the ball has to track the movement of all of their teammates and the crocs and decide who is

How to play

open for the pass.

receive the next pass.

3: Find open space



few moving parts 2: Ask open questions to give the children a chance to solve problems themselves

3: Use the child's name when you praise

them for their efforts

1: Explain the activity clearly. There are a

Be sure to:

Key question to ask the crocs: How might you stay balanced when moving from side to side?

• The kids without the ball have to keep track of the crocs and make sure they move into an open space to

Key question to ask the explorers: How might you unbalance the crocs?

challenging for the explorers: Allow the crocs to move anywhere they want. When an explorer has the ball, they must stand on one leg.

Make it easier for the crocs/more

crocs/easier for the explorers: The crocs can only move while hopping on one leg.

Make it more challenging for the

- Key questions to ask at the end of your session: Can you describe a moment where you were able to stay balanced?
- 2: What were the things you were doing in that moment? 3: Where might you use this skill in the future?



Activity Video Link below:

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MOVE WELL: SESSION PLAN 2