

Time	Lead Teacher	References & Cues	Assistant Teacher	Equipment Needed/ Set up
0-1 Min	Entry to polyspot circle.  Children each sit on a polyspot.	Polyspot picture card  Kick task card  Bounce task card	Set up kicking and bouncing stations	1 orange and 1 green polyspot for each child  18 playground balls  9 beanbags  9 sets of 2 blue cones  CD player
1-3 mins	Warm up: Shoo Fly 1  The music will play children should follow along with the cues and perform each motor skill for the duration.	Warm up CD track number 10  Kick Task Card  Bounce Task Card	Continue set up of stations	Kicking Stations:  Place 1 orange and 1 green polyspot in a line towards the 2 blue cone goal (3ft apart). Place the ball on top of a beanbag to the right of the green spot and in front of the orange spot.  Bounce stations: On the other side of the room.  Set up 1 orange and 1 green polyspot in a line. Place the playground ball on the green spot.
Transition	Children sit in polyspot circle for Kick review.			

3:30-5:30 mins	<p>Review the Kick:</p> <p><i>“Today we are going to practice kicking like we did before. Can anyone show me how we kicked. (see if a child can demo). Great job. Suzie did a good job of stepping and kicking.</i></p> <p><i>Do you remember where we kick the ball with our foot? With the shoelaces that's right!</i></p> <p><i>Ok when I say go, I want you all to walk slowly to an orange spot. When you get there we are going to work together to kick the ball through the goal. Go!”</i></p>	Kick Skill Card		
6-16 mins	<p>Kick Progressions 1, 2 &amp; 3</p> <p><b>Progression 1:</b></p> <ul style="list-style-type: none"> <li>• Standing on the orange polyspot step with the green sticker foot onto the green polyspot and kick the soccer ball with the shoelaces of the other foot in between the blue cones goal.</li> <li>• Each child should retrieve his/her own ball and place it back on top of the beanbag ready to be kicked again.</li> <li>• Repeat 10 times.</li> </ul> <p><b>Progression 2:</b></p> <ul style="list-style-type: none"> <li>• Starting 3 ft back from the original spot,</li> <li>• briskly walk and step on the green polyspot with the sticker foot and kick the ball with the shoelaces towards the blue cones goal.</li> <li>• Each child should retrieve his/her own ball and</li> </ul>	<p>Kick Task Card</p> <p>CUES:</p> <p>Step and kick. Step with sticker foot. Kick with your shoelaces.</p>		

	<p>place it back on top of the beanbag ready to be kicked again.</p> <ul style="list-style-type: none"> <li>Repeat 10 times.</li> </ul> <p><b>Progression 3:</b> Same as progression 2 but 6 ft from original spot.</p>			
30 sec	Children return to polyspot circle for Bounce review			
17-19 mins	<p>Review the Bounce demonstration:</p> <p>Using your finger pads of your favorite hand, bounce the ball just outside the pinky toe of the same side foot (right/right or left/left depending on which hand you use). The ball should bounce waist height. Try to complete 4 dribbles)</p> <p>(Demonstrate without speaking with a front view and a side view)</p> <p><i>“Did anyone notice how high the ball bounced? To my belly, great job!</i></p> <p><i>Did you also see that used my fingertips and not my whole hand? I bet you can do that too!</i></p> <p><i>But in order to dribble like a basketball player we need to practice and work our way up to that. Here is what we are going to do first.</i></p> <p><i>We are going to start with our knees on our orange spots, like this (go on the ground and put both knees on two orange polyspots).</i></p> <p><i>Then we are going to use two hands to bounce the ball into a hula hoop and catch the ball, 1 time, like this.</i></p>	Bounce skill card		

19-29 mins	<p><i>(bounce the ball into the hoop and catch). When I say go, I want each of you to walk to two orange polypots and kneel on them like me. Ready, go!</i></p> <p><b>Progression 3:</b> Same as progression 1 with students <b>kneeling</b> except <b>with one hand</b>.</p> <p>When dribbling with one hand it is important to emphasize using the finger tips/pads and not slapping the ball with the palm of the hand.</p> <p><b><u>Repeat 2 times for 20 total trials.</u></b></p> <p><b>Progression 4:</b> Same as progression 2 with students <b>standing</b> except <b>with one hand</b>. <b><u>Repeat 2 times for 20 total trials.</u></b></p>	<p>CUES: bounce and catch. 1 hand bounce. 2 hands catch. Use your finger pads.</p> <p>Dribble Skill Card</p> <p>CUES: Bounce and catch. 1 hand bounce. 2 hands catch. Use your finger pads. Don't let the ball bounce above your belly.</p>		
30 secs	Transition back to polypot circle		Pick up equipment	
29-30 mins	<p>Closure: <i>“We completed a lot of activities today. We kicked the ball like soccer players and dribbled the ball like basketball players. Did we all step with our sticker feet? When we dribble did we use our finger tips and not let the ball bounce above our bellies? Great job.”</i></p>		Pick up equipment	