

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	Set up kick stations	1 orange and 1 green polyspot for each child 1 playground ball for each child 1 beanbag for each child 2 cones for each child 1 scarf or 1 green sticker for each child CD player
1-3 mins	Warm up: FMS Song The music will play children should follow along with the cues and perform each motor skill for the duration.	Warm up CD track number 4 Kick Task Card	Continue set up of kick stations	Place 1 orange polyspot, 1 green polyspot and 1 playground ball on top of a beanbag on the ground around the room for kicking spots for each child. 2 cones are set up as a “goal” for each child 40 multi-colored dome cones
Transition	Have students sit back on her/his individual polyspot			
3:15-5:15 mins	Demonstrate the kick: <i>“Has anyone here seen the Columbus Crew play soccer?”</i>	Kick Skill Card	Assist lead teacher with putting a green	Continue set up if need be

	<p><i>How about the Buckeyes? Today we are going to learn how to kick the ball like the Crew would do. Sometimes we kick the ball by just stepping and kicking.”</i></p> <ul style="list-style-type: none"> • Standing on an orange polyspot, step onto the green polyspot with your left (non-kicking) foot that has a green sticker on it • kick the ball with your right foot striking the ball with your shoelaces to the assistant teacher <p><i>“Did anyone see where I kicked the ball with my foot? Near my shoelaces, great. I also stepped with my sticker foot before I kicked the ball with my shoelaces, who saw that?”</i></p> <p><i>Before we go practice, everyone needs a green sticker to put on their (non-kicking) sticker foot.</i></p> <p>Lead and assistant teacher place a green sticker on each child’s left (or non-kicking) foot.</p> <p><i>When I say go, everyone is going to walk to an orange polyspot. Once we get there I will tell you what to do next. Go!”</i></p>		<p>sticker on each child’s kicking foot</p>	
<p>30 secs</p>	<p>Transition from polyspot circle to each student’s kicking spot.</p>			
<p>5:15-15:15 mins</p>	<p>Progressions 1 & 2</p> <p>Progression 1: 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</p>	<p>CUES: step and kick. Step with sticker foot.</p>		

	<p>the blue cones goal. Each child should retrieve his/her own ball and place it back on top of the beanbag ready to be kicked again. Repeat 10 times.</p> <p>Progression 2: <i>Freeze! Walk and get your ball and place it on your beanbag. Thank you! Now, sit crisscross apple sauce on down on your red (orange) spot.</i> Now I'm going to take 3 steps before I kick the ball.</p> <ul style="list-style-type: none"> Slide red poly spot 3 ft back from the original spot, briskly walk and step on the green polyspot with the sticker foot and kick the ball with the shoelaces towards the blue cones goal. Repeat 10 times. <p>Now, stand up on your red spot and slide it back 3 steps. 1, 2, 3, Freeze! Now it's your turn. Tree steps, Kick.</p>	<p>Kick with your shoelaces.</p> <p>CUES: Three steps and kick. Kick with your shoelaces.</p>		
<p>30 sec</p>	<p>Transition back to polyspot circle</p>	<p>movers and shakers card</p>	<p>set up movers and shakers</p>	
<p>15:30-17:30 mins</p>	<p>Locomotor Break: Monkey Tails</p> <p>Each child needs 1 scarf. The child can tuck the scarf into a pocket, belt or waistline of pants. Half the scarf is tucked, the other half is sticking out to make a monkey tail.</p> <p>The object is to perform the locomotor skill that the teacher calls out (skip, gallop, walk, run, jog, leap, hop, shuffle) and try to get each other's monkey tail.</p> <p>Every 15-30 seconds freeze the group, reset monkey tails and call out a new locomotor skill.</p>			

17:30-18:45 mins	Transition back to polyspot circle and demonstrate progressions 3 and 4.		Remove mover and shaker cones. Back up the orange polyspots another 3 ft.	
18:45-28:45 mins	<p>Progressions 3 & 4</p> <p>Progression 3: Same as progression 2 but 6 ft from original spot.</p> <p>Progression 4: Same as progression 3 but 9 ft from original spot. Children can work up to a run from a brisk walk.</p>	<p>CUES: Run, step and kick. Kick with your shoelaces.</p> <p>CUES: Same as progression 3.</p>	Assist lead teacher by providing cues, feedback and monitoring behavior.	
30 secs	Transition back to polyspot circle		Pick up equipment	
29-30 mins	<p>Closure:</p> <p><i>“Who can tell me which foot we step with? The sticker foot, awesome. Where do we kick the ball on our foot? The shoelaces, great! Everyone did a good job today of stepping and kicking.”</i></p>		Pick up equipment	