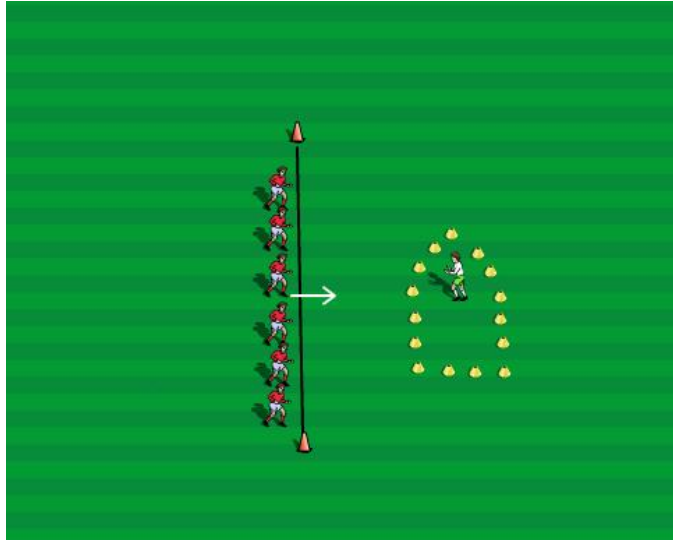




Curriculum – First Kick

Activity # - 31

Game Title:	In the River on the Bank	Game Theme:	Movements
Learning Outcome(s):	Jumping, Balance and Listening Skills		



Organization:

1. Open space with one line to define the River and the Bank
2. No balls to start

Story/Description:

1. All players start by standing on the Bank facing the coach who is on a boat
2. When the coach calls out 'In the River' all players must jump over the line (marked out between the cones) towards the coach into the River
3. When the coach calls out 'On the Bank' all the players jump away from the coach back over the line onto the Bank
4. The coach attempts to catch out the players by quick commands that sometimes repeat – 'In the River, on the Bank, in the River, in the River!'
5. If a player jumps in the wrong direction, they join the coach on the boat
6. The coach plays for a set time to see how many players they can catch out!

Coaching Points:

1. Feet together when jumping
2. Arms out to balance
3. Eyes and ears on the coach

Developments:

1. P – Add the ball