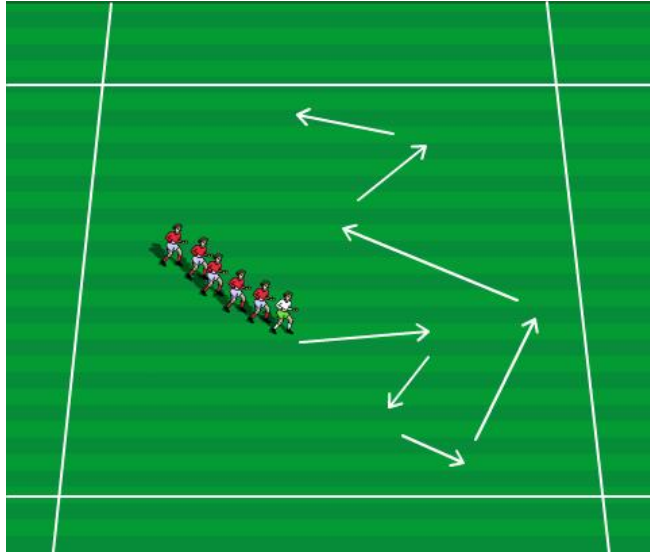




Curriculum – First Kick

Activity # - 21

Game Title:	Sammy Centipede	Game Theme:	Movements
Learning Outcome(s):	Balance, agility and coordination		



Organization:

1. 20 x 20 yard area, set up as shown
2. Disc cones
3. 1 ball per player

Story/Description:

1. The players help make up Sammy Centipede's huge tail
2. They must follow Sammy around the area and repeat his actions – skipping, hopping, side stepping, touch the ground and jumping up to the sky!

Coaching Points:

1. Keep your head up to see where Sammy turns next
2. Be quick to react

Developments:

1. Add disc cones in the area which Sammy's tail must pick up as they move
2. Go quicker!
3. Add the soccer ball