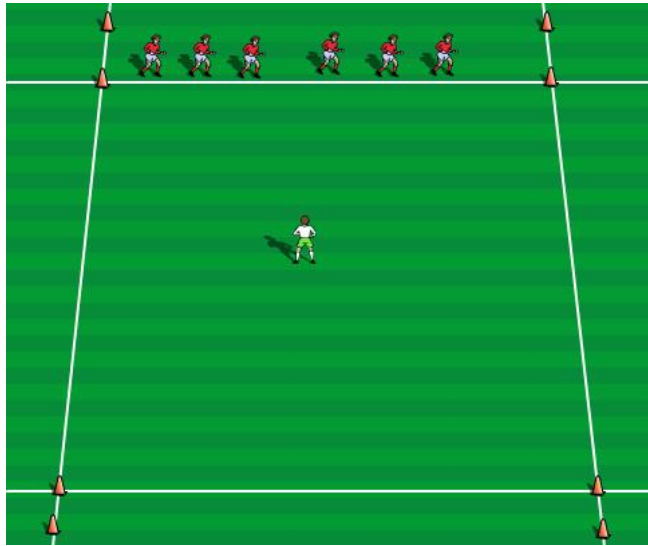




Curriculum – First Kick

Activity # - 11

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



Organization:

1. 20 x 20 yard area with two 2 x 20 yard end zones, set up as shown
2. 1 ball per player

Story/Description:

1. When DJ Lance Rock spins a tune the children must run as fast as they can to the other side
2. DJ Lance Rock will shout out how he would like you to move – skip, jump, run backwards etc
3. If DJ Lance Rock says “Stop everybody dance!” everybody must stop what they are doing and dance on the spot until DJ Lance Rock says, “Move again”.
4. If DJ Lance Rock tags you as you run across you must hold that part of the body next time you run – e.g. elbow, knee, head

Coaching Points:

1. Look around to make sure you know where you are going
2. When skipping make sure to jump really high taking off from one leg

Developments:

1. Add the ball
2. Ask the children to move the ball using different parts of the body e.g. only using hands, only using their feet, not using their hands or feet?