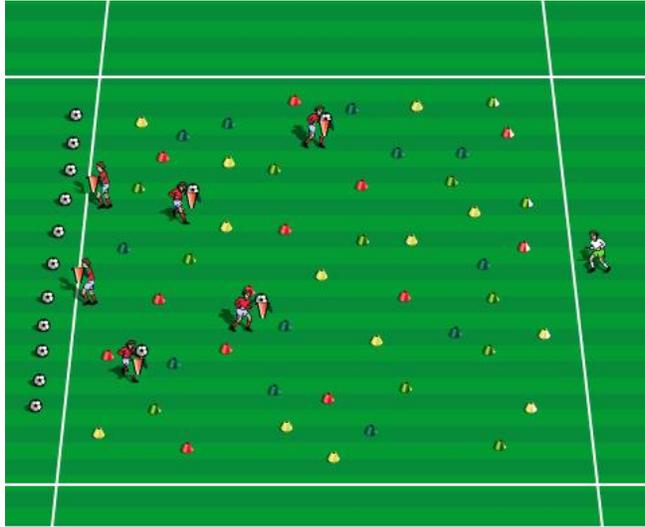




Curriculum – First Kick

Activity # - 1

| | | | |
|-----------------------------|---|--------------------|-----------|
| Game Title: | DJ Lance Rock's Birthday | Game Theme: | Movements |
| Learning Outcome(s): | Problem solving, balance and coordination | | |



Organization:

1. 20 x 20 yard area with two end zones, set up as shown
2. Lots of soccer balls
3. Tall Cones
4. Disc Cones

Story/Description:

1. DJ Lance Rock (coach) is having a party but the delivery of ice cream has not arrived!
2. Its up to DJ Lance Rock's friends (players) to get the ice cream (balls) for the party from the ice cream shop (end zone)
3. DJ Lance Rock's friends have to take their ice cream cone (tall cone) with them to scoop the ice cream up
4. Once they have the ice cream, they have to get back to the party making sure not to spill the ice cream!

Coaching Points:

1. Hold the ice cream cone extra tight so you don't drop the ice cream
2. Five second rule applies – if you drop the ice cream you have five seconds to scoop it back up

Developments:

1. Watch out for the obstacles (disc cones), DJ Rock's Friends have to jump over the yellow cones, run around the blue cones and hop over the red ones
2. When DJ Rock shouts 'Stop! Everyone dance' all his friends must stop and dance