



Curriculum – First Kick

Activity # - 9

Game Title:	Thomas the Tank Engine	Game Theme:	Movements
Learning Outcome(s):	Speed, balance and coordination		



Organization:

1. 20 x 20 yard area with four 5 x 5 yard areas in each corner (each a different color), set up as shown
2. Tall cones
3. Disc cones
4. Pinnies
5. Lots of soccer balls

Story/Description:

1. The coach is Sir Topham Hatt and the players are the trains – Thomas, Percy, James or Emily
2. The trains must follow Sir Topham Hatt around the area staying on the track
3. The trains visit each of the four stations to familiarize themselves with route
4. The trains move through the forest (cones), around the lake (blue pinnies) and over the mountains (tall cones)

Coaching Points:

1. Slow down as you approach the station
2. Speed up on the straight parts of the track to go really fast!
3. Legs aren't allowed to cross when going through mountains or you might derail (introduce side shuffling)!

Developments:

1. Players start off as a long train following and mimicking the coach's movements
2. Players then break off to go on their own
3. Players have to identify the different color stations to go to (no ball)
4. Players then have to pick up a ball from one station and transfer it to another (hands only to start with)
5. Now players have to transfer the ball from station to station using only their feet