

# WEEK 11

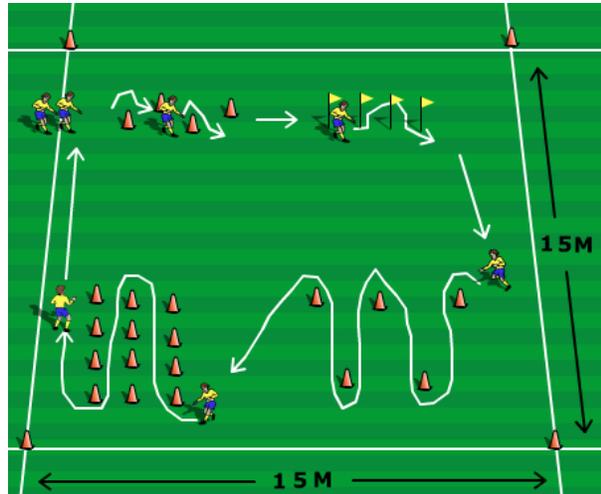
## Focus – Physical Literacy Activity Name: Obstacle Course

### Organization

Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below. Parents follow and encourage their child.

### Variations

- Hops (1 footed & 2 footed)
- Running backwards
- Sideways shuffles



### Emphasis

- Listening
- Following Instruction
- Physical Literacy
- Having Fun!

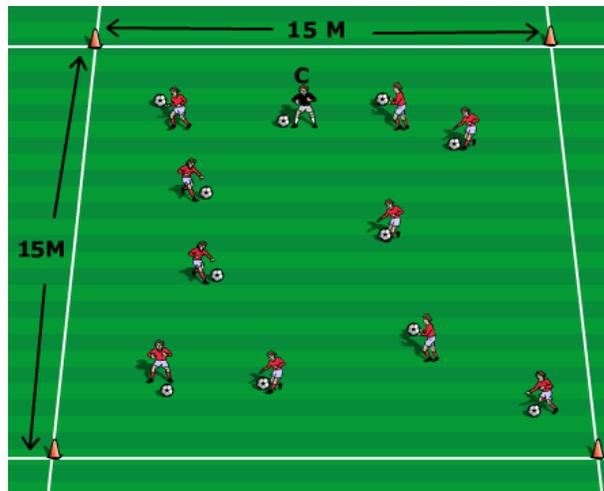
## Focus - Ball Literacy Name of Game: Making friends with the ball

### Organization

Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

### Alternatives

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners



### Emphasis

- Close Ball control
- Coordination
- Control
- Dribbling
- Shooting

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**Focus – Ball Literacy**  
**Name of Game - King/Queen of the Ring**

**Organization**

Players have a ball each. Players must keep ball within a defined area. Players are encouraged to kick other balls out of area, When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid.  
 Ask players to keep track of how many times they lost possession.

**Alternatives**

**Easier** – Child plays with parent. Parents lets child enjoy success in both roles  
**Harder** - Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now “out” and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



**Emphasis**

- Keep Ball close
- Dribbling
- Shielding ball
- Moving away from danger
- Having Fun



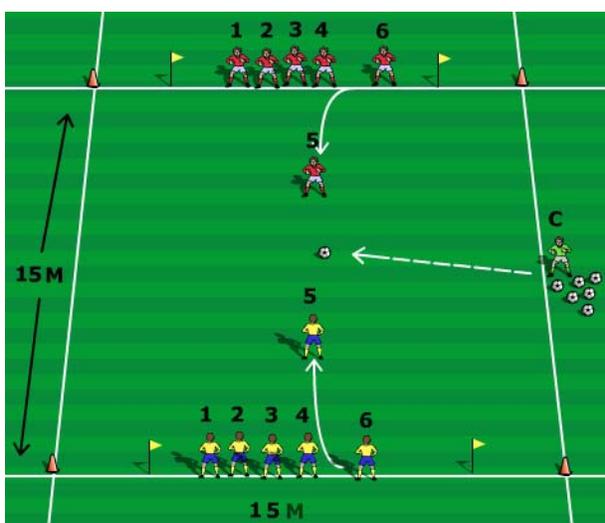
**Focus – Small sided Game**  
**Name of Game – Chain Soccer**

**Organization**

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

**Alternatives**

**Easier (U4)**– Two balls so both players can have success scoring.  
**Harder (U6)** – No parents. Ask children to link arms and work together to stop goals.  
**Harder (U6)** – Increase the # of players called into the grid to 2 or 3.



**Emphasis**

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

