



## Active Start Session Planner

<b>Date:</b> <i>Sessions 1, 2, 3</i>	<b>Session Time:</b> <i>50 minutes</i>
<b>Class/Group:</b> <i>City - Dorval 3-5 Year Olds</i>	<b>Instructor:</b> <i>Scott (Head trainer), Beatrice M, Geneviève M</i>
<b>Phase</b> (development stage): <i>Active Start Phase of Development</i>	
<b>Goals/objectives:</b> <i>Introduce concept of developing skill sets and broadening literacy skills. Develop better running, throwing and catching techniques. As well as jumping, landing, agility (multi direction/change in direction) and increase strength and dynamic flexibility.</i>	
<b>Equipment</b> (if applicable): <i>Judo mats (bare foot), mini hurdles, various sized hoops, blocks that hold hoops, agility ladder, balance beam, cones and hurdle sticks, short agility cones, beanbags.</i>	
<b><u>NEW SKILLS</u></b>	
<b>Intro. (5 min):</b> <i>Greet Children, warm up with a review of previously learnt skills.</i>	
<b>Station 1 on Gymnasium Floor (Time: 25 mins) – Running Coordination</b>	
<ol style="list-style-type: none"><li>1. <i>Follow the trail. Make an outline with cones and have the kids follow and mimic your movements</i><ol style="list-style-type: none"><li>A. <i>Crawl</i></li><li>B. <i>Bear Crawl (kids lift knees off ground)</i></li><li>C. <i>Kids sit on their bums, back straight head up looking forward and perform arm swings.</i></li><li>D. <i>Kids must slide forward on their bums while continuing their arm swings.</i></li><li>E. <i>Kids stand up and march (right knee up left arm up)</i></li><li>F. <i>RUN!!!!</i></li></ol></li></ol>	
<b>Game : Bean Bag Pick up.</b> <i>Scatter beans bags all over gym floor, give kids 30 seconds to pick up all bean bags and return them to the trainer.</i>	
<b>Station 2 on Judo Mats (Time: 20 mins) – Jumps, roll and balance:</b> <i>Children form equal lines at the edge of the mated area.</i>	
<ol style="list-style-type: none"><li>1. <i>Practice hops</i><ol style="list-style-type: none"><li>A. <i>Bunny</i></li><li>B. <i>Kangaroo</i></li><li>C. <i>Frog</i></li></ol></li><li>2. <i>Practice Rolls (arms and legs as straight as possible)</i></li><li>3. <i>Balance: Creative Balance. Kids start on all fours trainer calls out a number and the kids must have that number of limbs touching the ground.</i></li><li>4. <i>Obstacle Course</i></li></ol>	
<i>End with a BIG CHEER!!</i>	