



Enjoying sport differently

YSports

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LOCKDOWN - FUN LESSONS

Lesson 7

WARM UP

Run a set distance on toes. Turn and run back on heels X2

TODDLERS - run a set distance on toes. Turn and run back normally X2

Skip (without rope) a set distance, starting on right foot. Skip back same distance starting on left foot X2

TODDLERS - run and stop on command a set distance. Parent to stand a short distance and call child to run to you then hold hands up saying stop. Make it fun! X2

A. STRENGTH AND CORE MUSCLES

1. Aeroplane - Lie flat on stomach, lift head up and arms out at side like the wings of an aeroplane. Hold for 10 counts. Lower arms and head and rest for 3 counts. Lift head up and arms out with right arm higher and twist upper body to left and hold for 10 counts. Rest for 3 counts and lift head up with left arm higher and twist body to right holding for 10 counts X 2

TODDLERS - Lie flat on stomach and lift head and arms out to the sides. Parent to tell them they are flying hold for 5 counts. Lie flat and rest for 3 counts X2



Aeroplane - flying to the left



Aeroplane - flying to the right

2. Swimming on ground - Lie flat on stomach arms forward on ground and head on one side. Keeping legs straight - lift and kick up and down without touching ground for 10 counts. Rest and repeat - head facing other side X2

TODDLERS - lie flat on back - arms out straight out at shoulders, kick legs up and down straight in front of body for 5 counts, rest for 3 counts and kick again for 5 counts X2

B. GYMNASTIC SKILLS

1. One leg balance - need 2 balls or one ball and 3 pairs of socks rolled into a ball
Standing in a passage with left side right next to the wall with the soft ball between the wall and their left leg. Lift left leg off floor, bent at knee. Standing on right foot - throw ball to parent/other child who catches ball and throws carefully back so that child can catch ball while still balancing on right foot X2
Change and repeat balancing on left foot.

TODDLER - Parent holds child's right hand while balancing on left foot for 10 counts. Then change hands and balance on right foot for 10 counts X2



Balancing on one foot



Balancing on one foot - side view

2. Walk the rope - place a rope or a tightly rolled up sheet out in a straight line on floor/ground - Walk with arms straight out at shoulders, head up and body straight balancing on rope the full length. Turn and walk back and repeat X2 Challenge older children to walk on toes one way and back on their heels. Stand with 2 feet together on rope and step to right with right foot and drag the left foot to stand both feet together. Continue in this manner to end of the rope. Then go back stepping with left foot and dragging right foot.X2

TODDLERS - child to walk balancing on rope the full length, parent to hold their hand and guide them to keep on the rope. Walk one way holding right hand and back holding their left hand - Toddler can also be encouraged to walk sideways on rope dragging one foot - just have fun doing this activity.

C. BALL SKILLS - use a tennis bat or roll a newspaper tightly and tape it to form a bat

1. Hitting ball on ground to partner - Using any suitable ball on the ground. Hold bat in one hand and hit ball to partner/parent who also has a bat. Try hitting back and forth for a few times. Then change hands and hold bat in other hand and hit ball back and forth to partner.

TODDLER - parent to show child how to hold bat and hit ball. Just have fun. If child struggles to hit the ball with the bat, then show them how to use their hand instead of a bat.

2. Hitting ball with bat rolled newspaper in air - throw ball up with left hand and hit it forward holding the bat with right hand. X2 Change hands throwing ball with right hand and holding bat with left hand. Parent or partner to throw ball and the other child to hit ball back. Change over so that each child has an opportunity to hold bat and hit ball being thrown to them.

TODDLERS - Parent show child to hold hands out in a position to catch the ball - then parent throw ball to child. Child then to throw to parent, repeat a few times.

COOL DOWN - Follow my leader

Parent/or one child, to walk around and do different things - jump over plant then run to tap - then sit on floor - other child children follow the lead. Change so that each one has an opportunity to be the leader.

TODDLERS - place a small mattress or large cushion on floor/ground and let the run and fall onto it.