



Enjoying sport differently

YSports

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LOCKDOWN - FUN LESSONS

Lesson 8

WARM UP - form a ladder by placing 6 ropes or socks about 30cm apart, flat on the ground

Run over 'ladder' stepping over ropes/socks - and run back. X2

Jump over with 2 feet together - and jump back. X2

Standing sideways jump 2 feet together - facing same way jump sideways back. X2

Older children - Hop on one foot over and then hop back on other foot. X2

TODDLERS - Child runs stepping over the ropes/socks trying not to step on them. Then runs back in same manner. Parents help them to jump over with feet together - but it is not essential - any type of jumping over is fun and beneficial.

A. STRENGTH AND CORE MUSCLES - skipping rope or a strong belt

1. Tug - o war - Child and parent each hold one end of rope/belt firmly - place right foot forward and pull. X2 Then repeat with left foot forward and pull. X2

TODDLERS - child holds onto rope/belt and parent pulls child a short distance. X2 Change over and encourage child to pull parent. X2

2. Rowing - child sits opposite other child on ground legs straight in front - feet touching. One holds the ends of the rope/belt and the other holds with 2 hands the middle of the rope/belt. One pulls back and other is pulled forward. Then the other child pulls back while the other child is pulled - a rowing action. X4 - Change over the child holding the middle of the rope/belt holds the outer sides and the other child holds with 2 hands the middle of the rope/belt. They repeat the above action X4 Sitting all the time with legs straight and feet touching other child's feet.

TODDLERS - sit with legs straight and holds onto rope/ belt with 2 hands. Parent stands behind child and holds rope with 2 hands and encourages child to hold firmly. Parent then pulls up, child if holding firmly is pulled up. It is great fun!

B. GYMNASTIC SKILLS

1. Bicycling without a bicycle - Lie flat on back arms at sides. Lift legs up moving right leg, then left leg in a forward pedalling motion X5, rest for 5 counts. Lift legs up moving left leg and then right leg in forward pedalling motion X5, rest for 5 counts. Repeat both X 2. Older children repeat the above but pedal - going backwards.

TODDLER - Child lies on back and lifts legs and kicks up and down a few times, stop lie still and 'sleep' for 5 counts. X3

2. Leg scissors - lie flat on back arms at sides lift legs in air and move right leg forward and left backwards like a pair of scissors X5, rest for 5 counts. Repeat starting with left leg X5, rest for 5 counts. Challenge older children to scissor move with legs and move arms at same time.

TODDLERS - stand up straight bend forward and place hands on ground in front of feet - walk forward on hands and feet for about 3 metres - then stand and hold position for 10 counts. Rest for 5 counts and repeat X2

C. BALL SKILLS - use a large ball - soccer, netball or basketball

1. Control ball with foot - Stand with right foot on ball and balance counting to 10. Change to left foot and hold for 10 counts. X4 Older child to hold hands on head while balancing on foot on ball. TODDLER - parent to hold hand while child balances with right foot on ball for 10 counts. Rest for 5 counts and balance with left foot on ball for 10 counts.X2

2. Dribble ball with foot - using right foot dribble ball about 3 metres and change feet and dribble back to starting point. No hands to be used. *Older children to dribble between 8 objects (plastic mugs or whatever is available) set out about 30 cm apart. Using right leg and going back to starting point using left leg.*

TODDLERS - to kick ball in any direction a few times. Parent is then to attempt to have them kick using other foot.

COOL DOWN - Finding my way

Parent to select 5 different parts of garden or room. Example. Front gate, birdbath, flowerpot, bench, tree. Or in house - green chair, round table, blue door, couch, grey mat.

Parent to instruct - hop on left leg to front gate. Crawl like a baby to birdbath. Allow child to select object and how to get to it. Make it fun.