



Enjoying sport differently

YSports

P.O. BOX 2065
FAERIE GLEN
0043

cell: 072 422 5489

lorraine@ysports.co.za

LOCKDOWN - FUN LESSONS

Lesson 3

WARM UP

Hop, two feet together, elbows bent-hands facing down like a Kangaroo (up to 3 metres for ages 1 - 3, 6 metres for ages 4 - 6, 10 metres for ages 7+) X2

Stretch jump - feet together and arms straight up in air for a set distance and back. X2
Older children - ages 5+ hop on one foot set distance and back on other foot.

A. STRENGTH AND CORE MUSCLES

1. Crab stand. Sit flat on ground, bend knees with feet flat on ground and arms straight at side with hands flat on ground next to bum. Lift body up onto hands and feet and hold for 10 counts. X 3 (Ages 3+) TODDLERS - Parent hold lower back and count to ten. X2



First step for Crab Position



Crab Position

2. Crab walk. Lift body into crab standing position and walk on hands and feet backwards (up to 1 metre ages 2 - 3) X2 (ages 4 - 6 up to 3 metres) x 2 (ages 7+ crab walk backwards 2 metres, sideways 2 metres and forwards 2 metres). X2 TODDLERS - Parent holds child's lower back and assists child to walk 1 or 2 steps in any direction.



Crab walk forwards



Crab walk backwards

B. GYMNASTIC SKILLS

1. Leg Swings. Child holds onto back of a chair/table/fence with right hand and left hand at side. Swing left leg backwards and forwards X5 Turn around and hold with left hand and swing right leg backwards and forward X5. TODDLER - Parent can hold hand and do activity with child. X 2



Leg swing forward, holding with right hand



Leg swing alternate leg, forward



Leg swing backwards



Leg swing alternate leg, backwards

Superman. (Age 3+) Child lies flat on stomach - raises both feet together (not bending knees) and raise arms - hold for 10 counts X3 TODDLERS - parent lies down next to child and does activity with child holding for 3 counts. (not a problem if knees are bent)



Superman

C. BALL SKILLS - large ball, soccer or netball or beach ball

1. Dribble ball. -set out 5 cushions/plastic mugs/bricks about 30 cm apart (ages 2 -4) using hands dribble ball, weaving in and out of the objects. (ages 5+) dribble ball using feet and no hands. X2 TODDLERS - parent assist them to roll ball between object - just guide them (have fun)
2. Kick to 'goal'. Use any 2 objects to mark goal posts 1,5 metres apart. Standing on one spot kick through goal posts (ages 3 - 5 three metres - ages 5 + challenge child to extend distance) Alternate kicking foot X3 TODDLERS - encourage child to kick in any direction and attempting to alternate feet.

COOL DOWN - MUSICAL STATUES

Parent plays music/claps hands and child dances around. When music (clapping) stops child to freeze X6 *If more than one child - the child who moves when music stops is 'out'*