



Enjoying sport differently

YSports

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LOCKDOWN - FUN LESSONS

Lesson 1

WARM UP

Run a set distance and run back. (up to 3 metres for ages 1 - 3, 6 metres for ages 4 - 6, 10 metres for ages 7+)

Run same distance on tiptoes X2

While running set distance 'call stop' and 'go"

Should there be no space to run, run on one spot moving arms and legs. Start slowly and speed up until fast and then slow down gradually to dead stop. Rest for 5 counts and repeat X 4

A. STRENGTH AND CORE MUSCLES

1. Pull - exercise. Hold with both hands onto a locked security gate. Feet shoulder width apart. Pull towards body hold for 5 counts and release. X 3 (Ages 3+)
2. Push - exercise. Standing right foot in front of left foot shoulder width apart - push away from body and hold for 5 counts, release. Change left foot forward and right foot behind and repeat and hold for 5 counts and release. X 2

B. GYMNASTIC SKILLS

1. Sit-ups. (Age 1 - 3) Child lies down with knees bent - parent holds knees. Gently pull child up by both hands into sitting position and then lie back on mat/towel. X5
Sit-ups. (Age 4+) Child lies down with knees bent - parent holds knees. Child sits up and touches shoulders of parent and the lies back on mat/towel. X5
2. Leg-raises. Lie flat on back with arms next to side of body. Lift both legs straight up in air. Hold for 10 counts, lower slowly and rest for 3 counts. X5

C. BALL SKILLS

1. Stand opposite parent - using both hands throw ball, underhand, to parent who catches ball and throws it back (also underhand) X5
2. Standing in same position as number 1, but holding ball with both hands above head and throws (overhand) to partner who catches ball and throws it back (also overhand) X5
3. Use a hoop if available or a wastepaper bin. Parent holds bin in air and child throws ball through hoop or into bin. Begin by standing 1 metre apart. Each time ball is thrown through hoop or into bin, child takes one step back until distance is too great to succeed.

COOL DOWN - use a soft ball or 2 pairs of socks rolled into a soft ball

Play Dodge Ball. Child runs around a set area and dodges the ball that is thrown by parent. When the ball hits child - swap over.