

WEEK DAY

three

1

**Balance and Jumping Lesson
Summary Card**

Equipment: Floor Markers (distributed around room); slow motion balls/balls, balance beams/ropes. All equipment should be set up prior to running Young Athletes™.

5 min. Opening Sports Song

Wheels on the Bus melody

The runner on the team goes run run, run...

The athletes in our class walk real slow...

The player on the court goes jump jump jump...

5 min. "Coach Says"

4 min. Balance Beam/Ropes

5 min. Foot Trap

Equipment: slow motion ball

6 min. Step and Jump

5 min. Closing Sports Song

If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Balance and Jumping, pages 9-11) and videos at: www.specialolympics.org/youngathletes

WEEK DAY**three****2****Balance and Jumping Lesson
Summary Card**

Equipment: Floor markers (distributed around room), dowel, bean bags, cones, hoops, slow motion balls/balls, balance beams/rope. All equipment should be set up prior to running Young Athletes™.

4 min. **Opening Sports Song**
Wheels on the Bus melody

4 min. **“Coach Says” (with a Balance Beam/Rope)**

5 min. **Rolling & Trapping**

4 min. **Foot Trap**
Tip: Use smaller balls if larger ones are too difficult.

5 min. **Jumping High**
Tip: Children can jump onto or off of equipment if their feet cannot clear the floor. For instance they can jump over the bean bag, or on top of it.

5 min. **Frog Hoppin’/Leapin’ Lizards**

3 min. **Closing Sports Song**
If You’re Happy and You Know It

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WEEK DAY**three****3****Balance and Jumping Lesson
Summary Card**

Equipment: Floor markers, dowel, bean bags, cones, hoops, slow motion balls/balls, balance beam/rope, blocks, scarves. All equipment should be set up prior to running Young Athletes™.

2 min. **Opening Sports Song with Leapin’ Lizards**
Wheels on the Bus melody
*The athletes on the team leap over the mark...
The player on the court runs forward and back...
The athletes in our class leap on the mark...*

3 min. **“Coach Says” (with a Bean Bag)**
Introduction to Week 4

4 min. **Jumping High**

5 min. **Rolling & Trapping**
Introduction to Week 4

4 min. **Foot Trap**

5 min. **Frog Hoppin’/Leapin’ Lizards**

5 min. **Goalie Drill**
Equipment: two cones to form each goal and slow motion ball

2 min. **Closing Sports Song**
If You’re Happy and You Know It

>> See the Young Athletes™ Activity Guide (Balance and Jumping, pages 9-11; Trapping and Catching, pages 12-15) and videos at: www.specialolympics.org/youngathletes