

WEEK DAY**four****1****Trapping and Catching Lesson
Summary Card**

Equipment: Slow Motion balls/balls, pairs of cones to form goals (space between cones is goal), bean bags (one per child/pair). All equipment should be set up prior to running Young Athletes™.

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

5 min. **Rolling & Trapping**

5 min. **Goalie Drill**

5 min. **Big Ball**

5 min. **Bean Bag Catch**

5 min. **Closing Sports Song**
If You're Happy and You Know It

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

WEEK DAY**four****2****Trapping and Catching Lesson
Summary Card**

Equipment: Bean bags (one per child/pair if possible), pairs of cones to form goals, beach ball, slow motion balls. All equipment should be set up prior to running Young Athletes™.

5 min. **Opening Sports Song with Leapin' Lizards**
Wheels on the Bus melody

5 min. **Goalie Drill**

5 min. **Big Ball/Bean Bag Catch**
(choose one)

6 min. **High Ball Catch**

6 min. **Bounce Catch**
Equipment: large beach ball

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

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

WEEK DAY

four

3

**Trapping and Catching Lesson
Summary Card**

Equipment: Floor markers (distributed around room), Bean Bags (one for each child/pair), pairs of cones to form goals (the space in-between is the goal), slow motion balls/balls or beach balls (one for each child/pair). Equipment should be set up prior to running Young Athletes™.

3 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...

5 min. Bean Bag Catch/Throw

Introducing Week 5 concept

5 min. High Ball Catch

Equipment: beach ball, slow motion balls

5 min. Rolling

Introducing Week 5 concept

4 min. Bounce Catch

5 min. Two-Hand Underhand

Introducing Week 5 concept

3 min. Closing Sports Song

If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Trapping and Catching, pages 12-15; Throwing pages 16-19; Advanced Skills, pages 28-31) and videos at: www.specialolympics.org/youngathletes