

WEEK DAY**six****1****Striking Lesson
Summary Card**

Equipment: Balls – Slow motion ball and small foam ball, floor markers (distributed around room to create a path); bean bags, hoops, cones, balance beams (one long, one short); paddle, junior size racket or plastic bat. All equipment should be set up prior to running Young Athletes™.

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

5 min. **Ball Tapping**

5 min. **Handball**

6 min. **Side Striking**

6 min. **Obstacle Course**

Set Set up a 5 station course with floor markers (dots for jumping on), bean bags with hoop (throwing bean bag through hoop), a series of hurdles (cones with dowel/stick), balance beam, area to run to finish (through a ribbon).

- Jump on Dots
- Throw Bean Bag Through Target (hoop)
- Step/Jump Over Hurdles
- Walk on Balance Beam.
- Run to Finish Line (Through Ribbon)

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

>> See the Young Athletes™ Activity Guide (Striking, pages 20-23) and videos at: www.specialolympics.org/youngathletes

WEEK DAY**six****2****Striking Lesson
Summary Card**

Equipment: Balls – beach ball, small foam ball and slow motion ball; paddle, junior size racket or plastic bat; cones; dowel, junior sized hockey stick or junior size plastic golf club. All equipment should be set up prior to running Young Athletes™. All equipment should be set up prior to running Young Athletes™.

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

6 min. **Side Striking**

6 min. **Beginning Hockey**

6 min. **Beginning Tennis/Softball**

4 min. **Bridges/Tunnels**

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

>> See the Young Athletes™ Activity Guide (Striking, pages 20-23; Foundation Skills, pages 2-5) and videos at: www.specialolympics.org/youngathletes

**Striking Lesson
Summary Card**

Equipment: Beach ball, small foam ball, slow motion ball and junior size soccer ball; paddle, cones; dowel, junior sized hockey stick or plastic golf club; floor markers, hoop set-up on cone, balance beam. All equipment should be set up prior to running Young Athletes™.

2 min. Opening Sports Song w/ 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...

5 min. Side Striking**5 min. Beginning Hockey****5 min. Beginning Tennis/Softball****4 min. Kicking**

Introduction to Week 7

7 min. Obstacle Course

Set up a 5 station course with floor markers , bean bags with hoop, hurdles (cones with dowel/stick), balance beam, finish line.

- Throwing for distance and accuracy
- Frog Hoppin'
- Walk on Balance Beam
- Jump Over Hurdles
- Run to Finish Line (Through Ribbon)

2 min. Closing Sports Song

If You're Happy and You Know It

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