

**WEEK DAY**

**seven**

**1**

**Kicking Lesson  
Summary Card**

**Equipment:** Balls - beach ball, slow motion ball, junior size soccer ball or play-ground ball; floor markers, cones. All equipment should be set up prior to running Young Athletes™.

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

*5 min.* **Kicking**

*6 min.* **Penalty Kick Prep**

*5 min.* **Kicking for Distance**

*6 min.* **Kicking for Accuracy**

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

**>>** See the Young Athletes™ Activity Guide (Kicking, pages 24-27) and videos at:  
[www.specialolympics.org/youngathletes](http://www.specialolympics.org/youngathletes)

**WEEK DAY****seven****2****Kicking Lesson  
Summary Card**

**Equipment:** Balls - beach ball, slow motion ball, junior size soccer ball or play-ground ball; floor markers, cones. All equipment should be set up prior to running Young Athletes™.

*3 min.* **Opening Sports Song w/ Leapin' Lizards**  
Wheels on the Bus melody

*4 min.* **Penalty Kick Prep**

*5 min.* **Kicking for Distance**

*5 min.* **Kicking for Accuracy**

*5 min.* **Kickball**

*5 min.* **Give and Go**

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

**>>** See the Young Athletes™ Activity Guide (Kicking, pages 24-27) and videos at: [www.specialolympics.org/youngathletes](http://www.specialolympics.org/youngathletes)

**WEEK DAY****seven****3****Kicking Lesson  
Summary Card**

**Equipment:** Balls - beach ball, slow motion ball, junior size soccer ball or play-ground ball; floor markers, cones. All equipment should be set up prior to running Young Athletes™.

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

*5 min.* **Kicking for Distance**

*5 min.* **Kicking for Accuracy**

*5 min.* **Kickball**

*4 min.* **Give and Go**

*4 min.* **Bridges/Tunnels**

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

**>>** See the Young Athletes™ Activity Guide (Kicking, pages 24-27; Foundation Skills, pages 2-5) and videos at: [www.specialolympics.org/youngathletes](http://www.specialolympics.org/youngathletes)