

**WEEK DAY****eight****1****Review of Skills as Sports Lesson  
Summary Card**

**Equipment:** Balls – Slow motion ball and small foam ball; floor markers, cones, dowel, bean bags, hoops, balance beam/rope, and blocks. 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.* **Running Styles**

*5 min.* **Run and Carry Relay**  
Adapted from Week 2

*5 min.* **Jumping High**

*5 min.* **Hurdles**

*5 min.* **Throwing for Distance and Accuracy**  
From Week 5

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

>> See the Young Athletes™ Activity Guide and videos at:  
[www.specialolympics.org/youngathletes](http://www.specialolympics.org/youngathletes)

**WEEK DAY****eight****2****Review of Skills as Sports Lesson  
Summary Card**

**Equipment:** Balls – beach ball and small foam ball; cones, balance beam/rope; dowel, junior sized hockey stick, junior size plastic golf club. All equipment should be set up prior to running Young Athletes™.

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

*4 min.* **Balance Beam**  
From Week 3

*4 min.* **High Ball Catch**  
From Week 4

*5 min.* **Overhand Throwing**  
From Week 5

*5 min.* **Handball**  
From Week 6

*6 min.* **Beginning Hockey**  
From Week 6

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

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**WEEK DAY**

**eight**

**3**

**Review of Skills as Sports Lesson  
Summary Card**

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

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

*6 min.* **Beginning Tennis/Softball**  
From Week 6

*5 min.* **Kickball**  
From Week 7

*5 min.* **Penalty Kick Prep**  
From Week 7

*6 min.* **Give and Go**

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

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