

Sports Skills Class designed for **1st and 2nd graders**. Each week focuses on a different fundamental skill, incorporating fun drills and games to keep young children engaged and learning through play.

Week 1: Introduction to Sports & Movement Basics

- **Skill Focus:** Body awareness, balance, and coordination
 - **Warm-up:** Animal Walks (bear crawl, crab walk, frog jumps)
 - **Main Activities:**
 - Obstacle Course (cones, hurdles, tunnels)
 - Balance Beam Walk
 - Simon Says with movement commands (jump, squat, spin, skip)
 - **Game:** Freeze Tag
 - **Cool Down:** Stretching & Breathing
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Week 2: Running & Agility

- **Skill Focus:** Speed, quick changes in direction
 - **Warm-up:** High knees, butt kicks, side shuffles
 - **Main Activities:**
 - Relay Races (short sprints, zig-zag runs)
 - Cone Drills (weaving in and out)
 - “Red Light, Green Light” (teaching acceleration & stopping)
 - **Game:** Sharks & Minnows
 - **Cool Down:** Gentle stretching
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Week 3: Throwing & Catching (Hand-Eye Coordination)

- **Skill Focus:** Basic throwing mechanics, tracking objects
- **Warm-up:** Partner toss various items/balls

- **Main Activities:**
 - Overhand & Underhand Throwing (to targets)
 - Catching with different objects (bean bags, foam balls)
 - Partner toss challenge (gradually increase distance)
 - **Game:** Catch and Freeze
 - **Cool Down:** Arm stretches
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Week 4: Kicking & Dribbling (Soccer Skills)

- **Skill Focus:** Foot-eye coordination, dribbling & kicking control
 - **Warm-up:** Toe taps on the ball, side-to-side touches
 - **Main Activities:**
 - Dribbling through cones
 - Passing & trapping with a partner
 - Shooting at a goal (hula hoop or cones)
 - **Game:** Mini Soccer Match (small teams)
 - **Cool Down:** Leg stretches
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Week 5: Jumping & Hopping

- **Skill Focus:** Vertical & horizontal jumping, balance
- **Warm-up:** Bunny hops, side-to-side jumps
- **Main Activities:**
 - Jump rope basics
 - Long jump competition (landing on two feet)
 - Hula Hoop Hop (jumping in and out of hoops)
- **Game:** Hopscotch Relay
- **Cool Down:** Deep breathing & stretching

Week 6: Striking & Hitting (T-Ball & Paddle Skills)

- **Skill Focus:** Hand-eye coordination with striking
- **Warm-up:** Balloon tap with hands
- **Main Activities:**
 - Hitting off a tee (foam bat & whiffle ball)
 - Paddle & Balloon Keep-Up (working on control)
 - Rolling & hitting a ball back and forth
- **Game:** Home Run Derby (hitting targets with soft balls)
- **Cool Down:** Arm circles & stretches

Week 7: Dribbling & Passing (Basketball Skills)

- **Skill Focus:** Hand-eye coordination, ball control
- **Warm-up:** Dribble in place, bouncing a ball back and forth
- **Main Activities:**
 - Dribbling through cones
 - Chest and bounce passing with a partner
 - Shooting at a low basket
- **Game:** Knockout (modified for young kids)
- **Cool Down:** Finger & wrist stretches

Week 8: Teamwork & Cooperative Play

- **Skill Focus:** Communication, working together
- **Warm-up:** Group passing circle
- **Main Activities:**
 - Team relay challenges

- Partner obstacle course (helping each other)
 - “Pass the Object” race (learning cooperation)
 - **Game:** Tug of War
 - **Cool Down:** Group breathing exercise
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Week 9: Mini-Sports Stations (Review of All Skills)

- **Skill Focus:** Combining skills learned throughout the class
 - **Warm-up:** Free movement warm-up (kids choose an exercise)
 - **Main Activities** (Station-based rotation):
 1. Dribbling (soccer/basketball)
 2. Throwing & Catching
 3. Kicking & Passing
 4. Striking a ball off a tee
 - **Game:** Choose-a-Sport Relay
 - **Cool Down:** Favorite stretch vote
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Week 10: Sports Celebration Day! (Fun Mini-Games & Certificates)

- **Skill Focus:** Encouraging participation & celebrating progress
 - **Warm-up:** Dance Party Warm-up
 - **Main Activities:**
 - Obstacle Course Challenge
 - Fun Skill Stations (kids pick their favorite activity)
 - Friendly competition games (relay race, dribble race)
 - **Game:** Giant Parachute Play
 - **Cool Down:** Group huddle, stretching, and certificate ceremony
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Extra Notes:

- **Equipment Needed:** Cones, bean bags, soft balls, hula hoops, jump ropes, mini soccer goals, foam bats, basketballs, balloons, parachute.
- **Teaching Tips:** Keep instructions simple, demonstrate each skill, give lots of encouragement, and focus on fun over competition.