



AFLC KINDERKICK SESSION 4

Learning Intentions:

Locomotor Skills - Running & Galloping.

Stability Skills - Balance & Log Roll.

Object Control Skills - Kicking.

SESSION EQUIPMENT:

Rope, tall markers, bean bags, skittles, round balls, Softouch Australian Footballs, whistle, parachute

Activity #1 = Welcome

Timing = 5 minutes

Equipment = N/A

Description:

Welcome song to gather children and encourage them to sit cross legged in front of you. Let the children know it is week 4 of the Kinderkick program and we will be trying new activities together. Introduce the skills they will be participating in: running, galloping, balancing, and log rolling and kicking.

Revisit whistle rules

Teaching Points:

Explaining the rules:

- When you hear the whistle once (blow whistle once) that means 'freeze, stop, no moving'.
- When you hear the whistle twice (blow whistle twice) that means come and sit in front of me (practice this).
- Remember to always share and take turns.
- Have fun!



Activity #2 = Running

Description:

Running is a faster movement than walking that involves the shifting of weight from one foot to another while moving forwards, there is a brief time when both feet are in the air at the same time. By age 3 children should be able to run with a longer stride, this improves to a further increase in stride length, leg swing and overall speed. Running improves fitness levels and is used in various ways as part of play and everyday life.

Timing = 5 minutes

Equipment = N/A

Activities:

Here, There, Everywhere

Children are told to stop, freeze and listen when they hear the whistle. After blowing the whistle the coach will call out one of the following instructions:

- Here—players run towards the coach
- There—players run to where the coach is pointing, a designated place i.e. a tree, fence, etc
- Everywhere—players run everywhere
- Other instructions that the coach chooses, i.e. racing cars, kangaroos, freeze, etc and the players act this out.

Teaching Points:

- Stand tall
- Swing arms
- Look forward
- Arms bent
- Lean forward slightly
- Push off ground.



Activity #3 = Balancing

Description:

Holding the body over a relatively small base of support. First developed in sitting and then progresses to standing and walking.

Timing = 5 minutes

Equipment =

- Rope

Activities

Balance while standing still with eyes closed, balance on one foot, focus on a fixed spot on a tree, turn around and find it. Walk along rope on the ground without stepping off (tightrope) using aeroplane arms for balance, without aeroplane arms. Is it harder, more difficult? Why?

Teaching Points:**Key Teaching Points**

- Feet flat
- Focus on fixed point ahead
- Use arms for stability if required



Activity #4 = Galloping

Description:

The action of galloping requires a step forwards with one foot and then the other foot sliding forward to meet the first. Galloping generally develops at about 4 years of age, and at first can often be awkward.

Timing = 5 minutes

Equipment =

- Tall Markers

Activity:

Horse Races

Galloping relays—split children into groups of 3 or 4 and practice galloping to and around tall witches' markers

Teaching Points:

Key Teaching Points:

- One foot is always in front
- Big step with front foot.
- Then side other to meet the first.



Activity #5 = Log Roll

Description

Children often enjoy rolling as it is fun and changes their spatial orientation. It is the first whole body movement achieved and occurs during infancy.

Timing = 10 minutes

Equipment =

- Parachute
- Bean Bags
- Crates
- Skittles

Activities

As this activity takes time, split the class in half and rotate with kicking.

Mat Rolls

Set up at the parachute for the children to roll down until the end. Once with hands by side, another with hands above head.

Rolling Pickups

Coach to place bean bags on the parachute and the children are to pick up a bean bag as they roll past it. They place it in the crate at the end of the roll.

Rolling Bowling – Extra Activity

Set up skittles on the mat for children to knock over with hands or feet as they roll. Involve other children to reset the skittles once they are knocked down.

Teaching Points:

- Log rolls can be performed with arms at children's side or above their head.
- Legs need to be held tightly together
- Arms tucked tight
- Make sure the area ahead is clear.
- Start the roll with the shoulders.



Activity #5 = Kicking

Description:

Kicking involves the transfer of force from the foot to an object. At first the kicking action is limited to the leg, with practice the arms are used more and a backswing and follow through are evident.

Timing = 10 minutes

Equipment =

- Footys
- Round Ball
- Skittles
- Markers

Activities

As this activity takes time, split the class in half and rotate with log rolls. Rotate children through each of these stations.

Free Kicking:

Each child has a football and space to practice kicking and chasing.

Target Kicking:

Coach to set up skittles for children to attempt to knock over with round ball or football. Set up balls at a marker aimed toward the skittles.

Obstacle Course:

Coach to set up an obstacle course for children to manoeuvre the football around

Football Kicking:

Have children kick the AFL football along the ground and see how it rolls differently to a round ball.

Teaching Points:

- Look at ball
- Step forward with opposite leg
- Follow and swing the other leg through to kick the object.



Activity #6 = Conclusion

Timing = 5 minutes

Equipment = N/A

Description:

Ask children to sit with their legs crossed in front of you on the ground. Invite the children to talk about what they did today? Encourage the why with their answers?

Conclude with some reflective questioning.

Praise their efforts and listening.

Thank you and we will see you next week and remember to bring your footballs.

Key Teaching Points =

Reflective Questions:

- Can someone tell me what you liked doing the best today at Kinderkick? Tell the friend next to you?
- What skills did we do today?
- When you go home tonight you have to tell your mum and dad what you liked doing at Kinderkick.