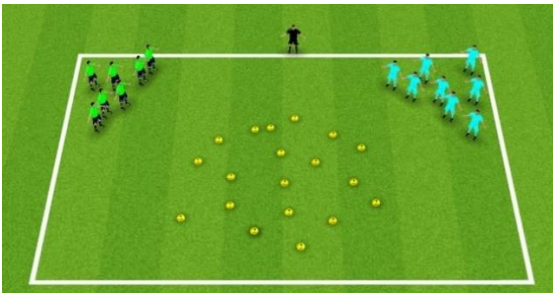




# U3-U4 Kick Start Outdoor 2017

## WEEK 10



### **Storm (6-8mins)**

#### **Instructions:**

Children are the Tree Planters & Parents are the Storm  
"Go", children try to flip cones so they are right side up and parent do the opposite  
Reverse Roles



### **Special Delivery (10 mins)**

#### **Set Up:**

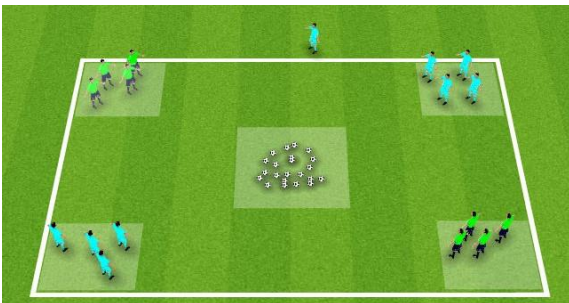
Mark out 4 corners or areas (delivery destinations)  
Name the areas (make it fun!)

#### **Instructions:**

"Go!" everyone begins to dribble  
"Call out name of destination" and the packages get delivered

#### **Options:**

Call out more than one location and have them delivery their packages in order



### **Nuts & Squirrels (10-12 mins)**

#### **Set Up:**

Mark out 4 corners or areas (nests)  
Name the 4 groups of "animals"

#### **Instructions:**

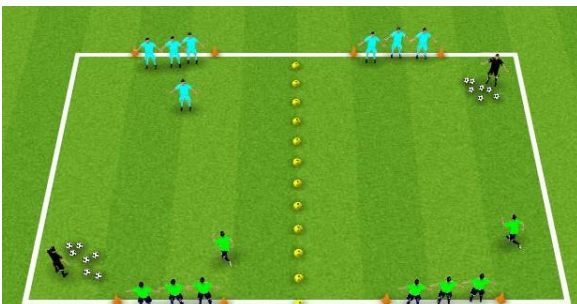
"Go!" one player from each nest comes out to grab a ball from the nest (hands/feet)

As soon as one player returns another can go

Once all nuts are gone count them up!

#### **Options:**

Send all players to grab nuts from the other nests



### **Chain Soccer (10-12mins)**

#### **Instructions:**

-Split Group Up into 2 teams

-Number off each player and match them with a player from the other side

-All players must hold hands across their goal

-Only when your number is called are you aloud to break the chain and challenge for the ball(s)

#### **Option:**

Send out a ball each for so all can score