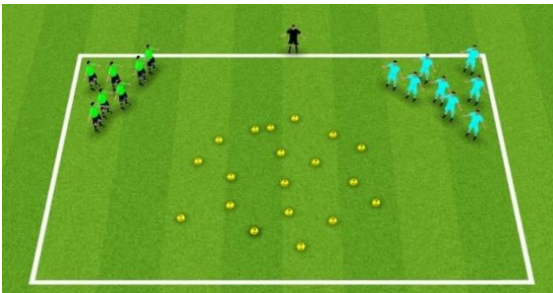




U3-U4 Kick Start Outdoor 2017

WEEK 2



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:

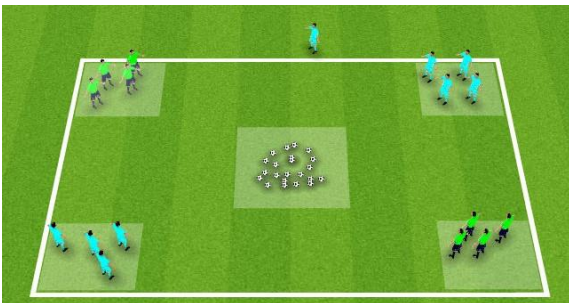
Mark out 4 corners or areas (delivery destinations)
Name the areas (make it fun!)

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:

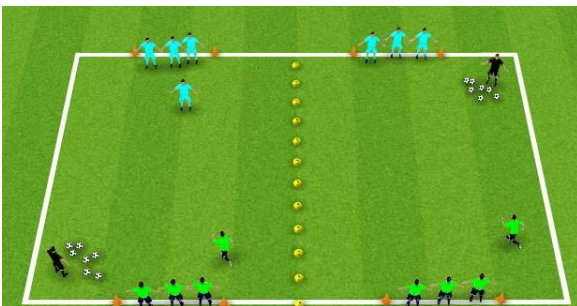
"Go!" one player from each nest comes out to grab a ball from the nest (hands/feet)

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