



U3-U4 Kick Start Outdoor 2017

WEEK 6



Storm (6-8 mins)

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:

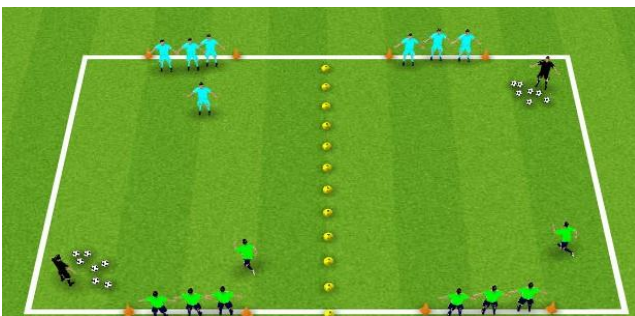
"Go!" one player from each nest comes out to grab a ball from the nest (hands/feet)

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 (10-12 mins)

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