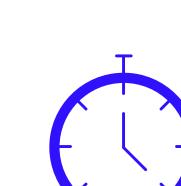
Locomotion is one of the three key movement skills. This is essential for moving from A to B, and important for children of all ages in all sports. Here are three activities that will help children develop their locomotion skills. More specifically, these activities will encourage children to move at different levels (high and low), accelerate and decelerate.



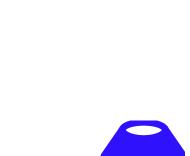
Activity:

Trap Door



Time:

10-15 Mins



Equipment Required:



20-30 cones of any colour 1 x Ball per child

### Focus: For children to be able to...

- 1: Move around at different levels (high/low) at different speeds
- 2: Change direction in relation to other moving children
- 3: Keep close control of a ball

# Recognise when they achieve each of

- 2: Support those who can't quite do these yet
- 3: Reward effort with praise

Be sure to:

### • Every child is a secret agent.

How to play

- Each secret agent has to dribble their ball to the North, SOuth, East and West wings of the villain's lair. Secret agents must look out for trap doors (Cones or flat spots).
- If a secret agent's ball touches a trap door, they must start again.
- Key question to ask:

#### What do we need to do to be careful within this game? How might you be quicker to get to each wing?

Make it easier: Use less cones. Make the area bigger.

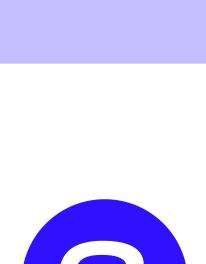
Make it more challenging:

Make the space smaller. Use more cones.

Ask secret agents to dribble with their non-dominant hand or foot.

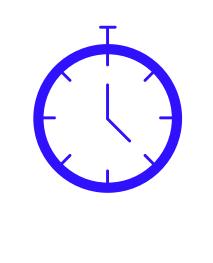


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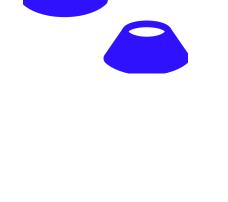
Duck and Dive

Activity:



10-15 Mins

Time:



10 x green and 10 x red cones or flat spots

Equipment Required:



# For children to be able to... Accelerate and decelerate quickly

Focus:

2: Move high and low

# 1: Set up and stand back. Let the children work it out

Be sure to:

- strategy

2: Allow children time to discuss their team

## rising to their feet. • Children should try to duck and dive as many times as possible in 1 minute.

How to play

• Each round, they should try to beat their own score. Key questions to ask:

• When kids get to a green cone / spot, they must 'duck' and squat as low as they can.

• When they reach a red cone/spot, they need to 'dive' and touch their belly off the cone/spot, before quickly

• They should then move to the next cone/spot as quickly as possible.

- How can we make sure that we slow down to duck or dive? How close to the floor can we duck without using our hands to help?
- Make it easier: Neal down when you get to a green cone rather than squat..

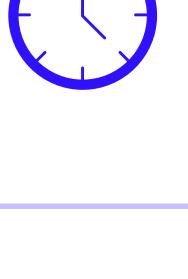
Make it more challenging:

Ask players to crawl to their next cone on all fours after they have

- dived.
- **KIDS** MOVE WELL: SESSION PLAN 1



COACH



10-15 Mins

Equipment Required:

Activity:

Tag

Time:



10 x Cones



Accelerate into space

2: Move low and high to dodge

For children to be able to...

# Explain the activity clearly. There are a few moving parts

2: Ask open questions to give the children a

3: Use the child's name when you praise

them for their efforts

chance to solve problems themselves

Be sure to:

How to play

Key question to ask: How might you speed up / slow down to avoid being tagged?

Mark out a playing area with your cones.

• When someone is tagged, they become the 'on' player.

• The aim of the players that are 'off' is to dodge from being caught.

• I this game, one player is 'on' at a time.

Make it easier: Make the area bigger.

MOVE WELL: SESSION PLAN 1

Make it more challenging: When each child is tagged, they join the tagger rather than replace them. Make the area smaller.

- Key questions to ask at the end of your session: Can you describe a moment where you were able to change direction?
- 2: What were the things you did to help you change direction?
- 3: Where might you use this skill in the future?



Activity Video Link below:

Tag

COACH

