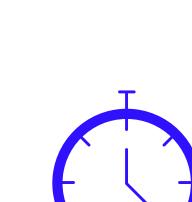
#### MOVE WELL: SESSION PLAN 5

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) and to accelerate and decelerate.



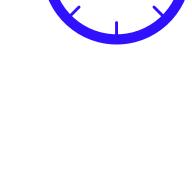
Activity:

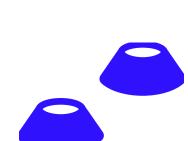
Volcano Madness



Time:

10-15 Mins





Equipment Required:



20-30 cones of any colour



### 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: Track objects as they move

## Recognise when they achieve each of

Be sure to:

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

How to play

- The children are on an island that's full of volcanoes (cones)
- All of a sudden the volcanoes are starting to erupt and explode! • The red team are the volcano children and are trying to keep the volcanoes burning (upright).
- The blue team are the children of the sea and are trying to put the volcanoes out (turn them upside-down).
- They go for 20 seconds and see which team wins.

#### How might we be able to move between volcanoes to turn them over quickly?

Key question to ask:

Make it easier:

#### Use less cones. Make the area smaller.

Make it more challenging:

#### Make the space bigger. Ask players to control an object as they move around.

Make players move in more different ways: crawling, hopping, crab etc.

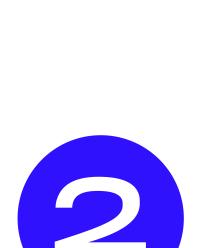


Activity Video Link below:

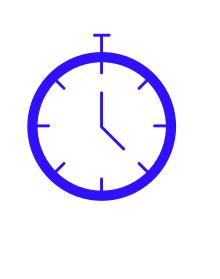
Volcano Madness



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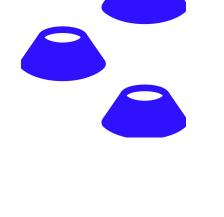


Activity: Noughts and Crosses Relay



10-15 Mins

Time:



9 Hoops 18 Bean Bags / Bibs (2 Colours)

2 cones

Equipment Required:



## For children to be able to...

Focus:

Accelerate and decelerate quickly

2: Solve problems while on the move

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

Be sure to:

- 2: Allow children time to discuss their team strategy

#### • When the coach shouts GO, a member from each team runs to throw a bib in a hoop. They cannot throw a bib in a hoop that already has a bib in.

How to play

• The first team to get three in a row vertically, horizontally or diagonally wins. • If all bean bags / bibs have been placed, and no one has won, the relay continues, and they move the bean bags/bins until someone wins.

There are 9 hoops that make up a grid.

Key questions to ask:

• There is a red team and a yellow team, each with plenty of bean bags/bibs of their colours.

# Make it easier:

Start with Rock-Paper-Scissors. The winning team gets to put a bib in the hoop before the game starts. Make it more challenging:

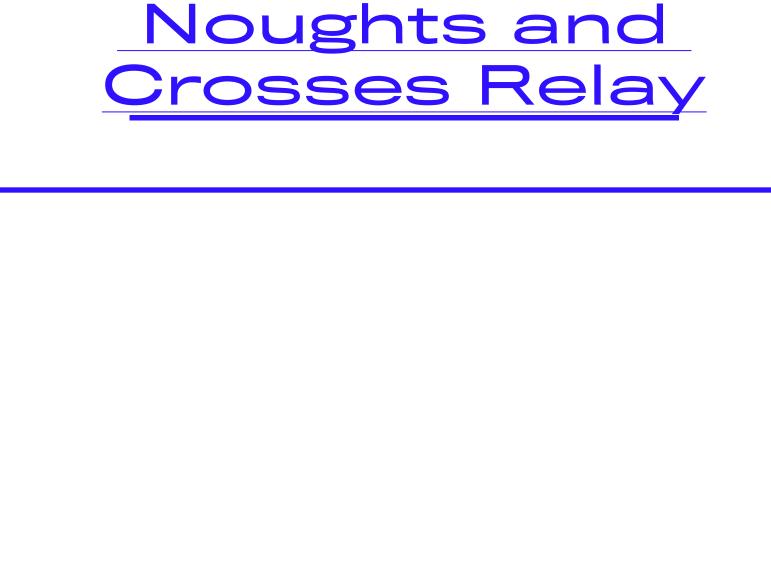
What is your teams strategy to get 3 in a row?

What order will your team go in? Why?

### Increase the size of the grid to either 4x4 or 5x5. Ask them to move in different ways: hopping, skipping, crawling etc.

MOVE WELL: SESSION PLAN 5

COACH



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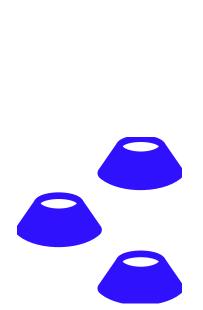
Activity Video Link below:



Activity:

**KIDS** 

Sliding Doors

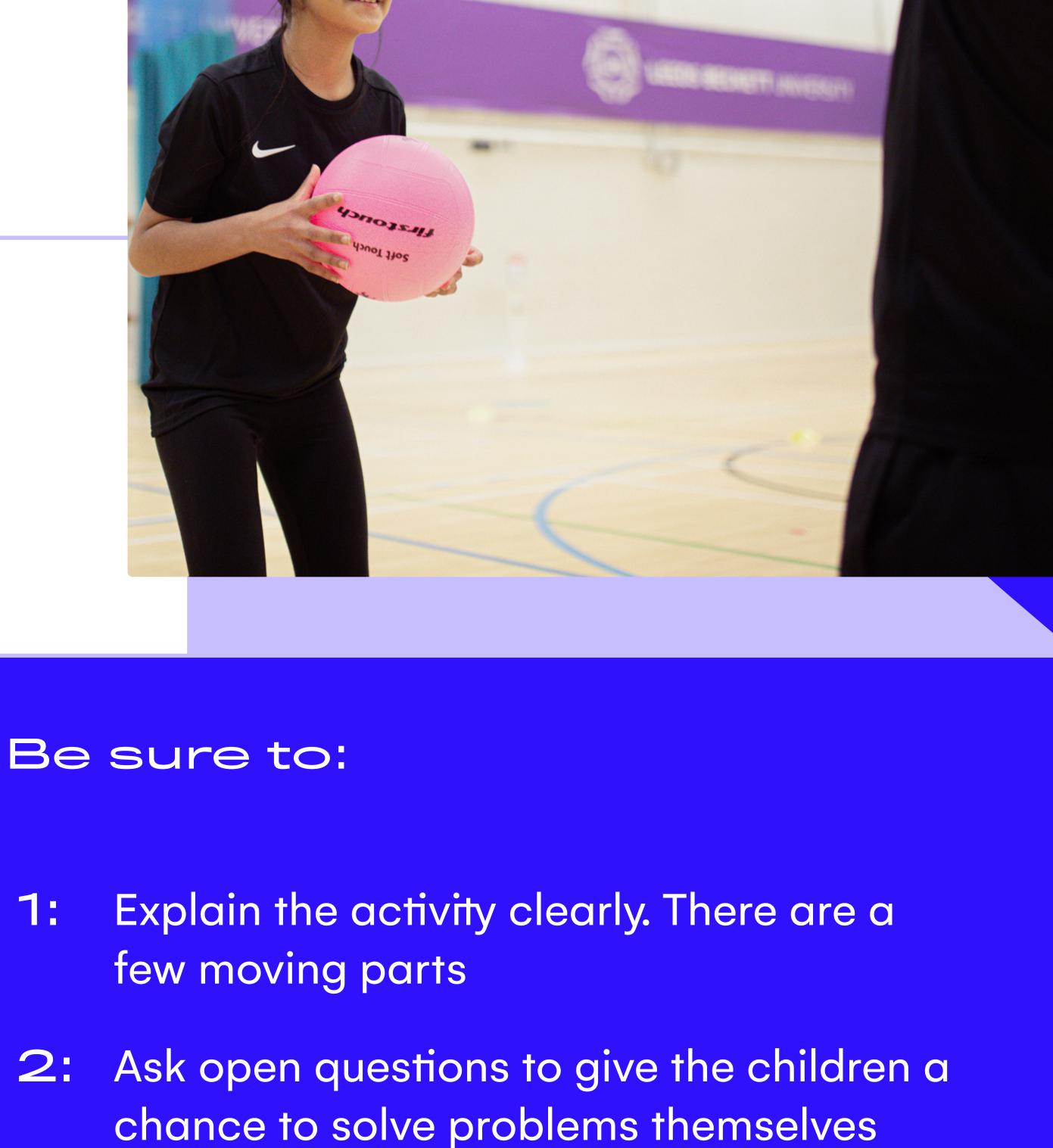


Time:

20 x cones

10-15 Mins

Equipment Required:



# Accelerate into space

How to play

each other.

Focus:

2: Move low and high to dodge

For children to be able to...

#### 3: Use the child's name when you praise them for their efforts

• Two players stand at opposite sides of the square moving from corner to corner with their back to

• After a few seconds, the spare player calls the name of one of the other 2 players: this player has to try

### Key question to ask: How can you increase your chance of not being tagged before crossing the line?

• The children will work in groups of 3.

Make the square/rectangle bigger. Make the chaser move only by hopping on one leg/side-stepping.

Make it more challenging:

Make it easier:

Make the square/rectangle smaller. Make children dribble a ball. Make children move in different ways/start from different positions (dynamic plank, crab, bear).

and run through the opposite end of the square without being tagged by the defender.

- 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?

