

A World Fit for Kids!



Physical Activity Training

Name: _____



A Coach's Guide to a Quality Physical Activity

1. Planned with a Purpose and Objective

- The coach is familiar with the activities, equipment and set-up for the CAP.
- The selected activities achieve the goal. (ex: cardio, fitness strength, manipulatives)
- The particular goal being integrated throughout the activity session.
- Each component of the activity session effectively serves its purpose.
- The coach budgets his/her time effectively and there is a sequential progression of activities.

2. Boundaries and Rules

Boundaries

- The playing area is safe and clearly defined.
- After observing the skill level of the participants, the coach explores the option of adjusting the boundary to make the activity more and/or less challenging.

Rules

- The rules stated clearly and simply using the Tell-Show-Do model. The coach can phrase the explanation as, "The purpose of the game is to _____ and we do that by _____."
- Coaches modify their activity sessions to keep them fresh and engaging and to accommodate the skill level and ability of the students.

3. Clear Communication

- The coach is familiar with the Tell-Show-Do model and how to accommodate each style of learning. (Tell for auditory learners, show for visual learners and do for kinesthetic learners) And, he/she is practicing it during every explanation.
- The coach should employ the following tactics;
 1. Keep all students in sight within **180 degree** view.
 2. Allow for **eye contact** to personalize your message and connect with each individual.
 3. Be aware of **distractions** (sun, environment, other people)
 4. Give **simple, specific clear**, instructions
 5. **80/20 ratio**: 80% of audience gets it, 20% doesn't, get going and be the plumber: fix the leaks after you started.



THE CAPTAIN IS COMING

The *Captain is Coming* is a fun ice breaker that can also be used as *grouping game*.

Playing the Game:

Students mingle around the playing area pretending to mop the floor. This movement is called, "**Swab the Deck**". They continue this until the facilitator calls out one of the commands below;

- (1) **The Captain is Coming** (*one person*) – students stand silently and salute the facilitator
- (2) **All Hands on Deck** (*two people*) – students stand facing a partner touching hands
- (3) **Man Overboard** (*three people*) – one student stands in between two students and the students on the outside face each other and link their arms to create life raft around the person in the middle.
- (4) **Man the Lifeboats** (*four people*) – students group themselves in a box formation and all face the same direction. They should all pretend like are on a boat and all continue to paddle until the facilitator calls out another command.
- (5) **Grub Time** – (*five people*) one person bends at the waste to form a table. Four other students pretend to eat off the back of that student.

The facilitator should randomize the order in which they call out the commands. The facilitator should ensure that when a command is not being called out, the students are swabbing the deck.

Transitional Activities



- **Partner Push Ups**
 - Push against your partner's hand...one partner does 10 and then the other one does 10
- **Come up with your own hand shake**
 - Each group of two students takes 30 mins. to develop their own handshake. Ask for a couple of volunteers to perform them for the group.
- **Peer Share**
 - Turn and face your partner, tell them something you liked during the last activity
 - Choose a variety of questions to engage the students (ie: Tell each other about your weekend).
- **The Human Mirror**
 - Mirror your partner's actions
 - One partner leads for the first 30 seconds, once you blow the whistle, the other partner leads
- **The Uh Game**
 - Talk for 30 seconds without saying "uh...um..." your partner will be the judge
- **Partner Brain Breaks**
 - Words that rhyme
 - I'll give you a word, how many words can you come up with that rhyme with the word that I give you?
 - The prefix game.
 - I'll give you a prefix (defined as a group of letters attached to the beginning of a word to give meaning) and you and your partner must come up words that begin with that prefix.
 - Prefixes to consider: De (down/away), Be (all around/over), En (put into or on), Extra (outside the bounds), Pre (before), Re (again), Un (not)
 - Counting
 - The students should get in pairs. The coach will give the students a number, and they should count back and forth using this number. (ie: The number is 2...so students count in multiples of 2 = 2,4,6,8,10, etc. Once the coach has finished setting up, he/she can see how high certain groups got.
 - For lower grades, they can just focus on counting by 1s or saying their alphabet as a pair
- **Partner Spelling Game**
 - Spell out a word in your partner's palm and they have to guess what you're spelling
 - 3 letters or less to start, then move to 5 letters
 - Students choose the words to spell
 - If students are in line, they can try spelling words on their partner's back

OBJECTIVES
Cooperation, ball skills

EQUIPMENT
1 foam ball/5-7 youth, 4 cones for boundaries,
music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
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-GROUP DAY-

Memory Ball
Diagram on back

-Groups of 5-7 in a circle with
1 ball scattered within
boundaries.

-Praise groups demonstrating
cooperative behavior.

🍎 *Academic Integration:*

-For each catch, count by a
multiple other than 1. Count
by adding fractions.

-Today's Great Game is called "Memory Ball!"

-Pass the ball to each person in your circle in
the same order every time. You must toss it
across the circle, not to someone next to you.

-Remember who passes the ball to you, and
who you pass the ball to.

-Hands up ready to receive a pass!

-Don't take your eyes off the ball!

Freeze Ball
Diagram on back

-As above.

-Praise groups lining up and
passing ball quickly.

-On STOP cue, whoever has the ball holds it
overhead. Quickly line up behind that person.
Exchange the ball overhead until it is at the
end of the line.

Freeze and Go

-As above.

-Praise groups that line up,
pass the ball, and return to
their circle quickly.

-After playing Freeze and Go,
go back to Memory Ball and
add a ball to each group.
Continue adding balls one at a
time for "Group Juggling."

-Advanced Learners: Add
objects of various size/shape.

-Whoever has the ball at the end of the line
says "GO!" Group quickly returns to their
original places in the circle and resumes
tossing the ball in the same pattern.