

Start Smart Sample Lesson Plan

Warmup

- Run down and back between two cones (About 6 feet apart) – 2 times
- Run down and back going around the cone – 2 times
- Gallop/skip/hop down to cone and back – 1 time
- Bend and touch toes – 10 to 15 seconds
- Run down and back between two cones – 1 time
- Jumping Jacks – 10 total
 - Good way to phrase (Soldier then Rocketship)

Water break

Station 1 – Throwing

Mark off a throwing line and a few lines past this line at about 5 feet increments. This line can be marked with cones or tape. Have the child throw a Koosh Ball or soft sided ball overhand about 8 to 10 times. After each throw, have the child retrieve the ball by running out to grab it. Remind the child to turn back to the throwing line so they can see how far they threw the ball. Parents should encourage their child to try and throw the ball further each time.

Once the child has begun to master distance throwing, parents should now shift to some accuracy training. For this drill, designate a larger area marked off with tape. If you do not have tape, parents could use a target such as a pillow or box for the child to attempt to hit. As the child becomes more and more successful, move the target back to increase difficulty. To increase difficulty, you may also switch targets to something smaller (ex: a water bottle)

Station 2 – Catching

Using first a Koosh ball, balloon or any soft sided ball, the child tosses the ball in the air just above the head, and then catches it at waist level. After successfully completing 8 out of 10 catches, have the child toss the ball higher, reaching up and catching it above their head. This drill should be done without a glove at first, adding the glove later to increase the difficulty.

Once the child seems to have knack for catching with and without the glove, add in the parent to toss the soft sided ball to their child. Have the child stand across from their parent. The parent should softly toss the soft sided ball to their child with an underhand method with a slight arc to the child. Increase distance, speed and arc of the ball in gradual increments to increase difficulty.

Please Note: the arc of the toss should be slightly above the child's head and land around the child's waist level.