



YOUNG ATHLETES IN SCHOOLS:

**A GUIDE TO LESSON PLANS AND LEARNING
OUTCOMES FOR COMMUNICATION AND
COGNITIVE AND PHYSICAL DEVELOPMENT**

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Below is a listing of resources that have been developed to specifically support Young Athletes in schools. The lesson plans accompany the cards at the end of this guide, that may also be printed for use. Each lesson plan will indicate which cards are needed in order to do that plan. Click the colored type to go directly to that section.

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SECTION 1: GOOD TO KNOW

GETTING STARTED WITH YOUNG ATHLETES

**Special
Olympics**
Minnesota



Special Olympics
Unified Schools



Why Young Athletes in Schools?

Health and fitness are important parts of daily life. Young Athletes, a sport and play program for children with and without disabilities, helps children of all abilities enjoy physical activity, develop healthy habits, build important skills and reach their full potential. Use this guide in your classroom to support preschool to grade 5 learning outcomes and cognitive and physical development.

To Get the Most Out of Young Athletes:

Set aside a regular time to practice. This could be during indoor/outdoor recess, before or after lunch, before or after morning meeting, in transition times, or during a break. Find what works best for your classroom and stick with it!

Choose a social and emotional (SEL) skill or value to highlight.

Use words, pictures, and movements to help all students engage in meaningful discussions.

Repeat activities each week according to the lesson plan you have chosen for your students in order to facilitate skill development.

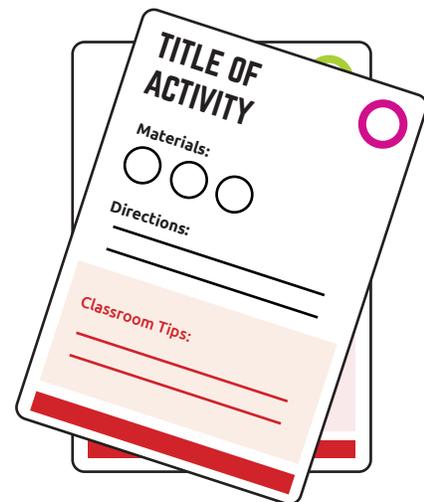
Encourage parents to practice activities at home.

What to Expect on Each Card:

Materials: The list of necessary materials will be provided here. Find convenient substitutions for suggested equipment on page 7.

Directions: Be sure to read the directions ahead of time and make sure you have enough space and people for the activity.

Classroom Tips: Connect these activities to your curriculum by teaching specific skills, habits or topics.



Young Athletes Skill Areas

Each activity helps students build gross motor skills in one of the Young Athletes Skills Areas listed below.

- Foundational Skills
- Walking and Running
- Balance and Jumping
- Trapping and Catching
- Throwing
- Striking
- Kicking
- Advanced Sports Skills

Social and Emotional Learning Outcomes

In addition to supporting gross motor development, each activity helps develop a Social and Emotional Learning (SEL) skill, indicated by an icon in the upper left corner of the card.



Self-Awareness



Self-Management



Social Awareness



Relationship Skills



Responsible
Decision Making



When to Use:

This program is flexible. Activities can be incorporated into routines such as morning meetings or circle time, as part of learning rotations (for orange and green plans), as 10-minute transitions, or as 15-minute breaks (for red and blue plans). Follow along with your selected program plan as indicated on page 10. Remember: activities can be integrated into your regular curriculum or planned as structured play.

Where to Play:

Ensure outdoor areas are enclosed by fencing or defined borders. Adjust the field or play area to match the activity. Or, choose an indoor space that allows for group movement. Divide your class into groups if needed and use your classroom and hallways. For safety, whether indoors or outdoors, it may be best to indicate boundaries with colored lines, flags or other identifiable markers.

Prepare children to respect one another. Encourage them to help, cheer for and compliment one another. Remind them that practice is important for improvement.

What to Use:

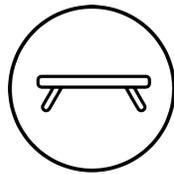
Follow along with lesson plans in conjunction with the activity cards provided at the end of this guide. Activities can be played with little to no equipment. Let children practice leadership skills during setup. Ask for volunteers or pick 2-4 students to help. Make sure children know how to use equipment safely.

For a list of equipment to use, refer to page 7.

Contact schools@somn.org for help ordering equipment.

Activities can be played with little or no equipment.

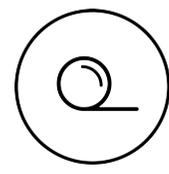
Let children practice leadership skills during setup. Ask for volunteers or pick 2-4 students to help. Make sure children know how to use equipment safely.



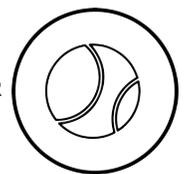
balance beam



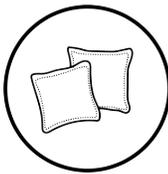
tape or rope



foam ball



tennis ball



bean bags



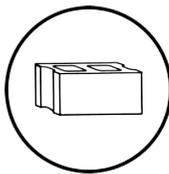
soft toys or
bags of sand



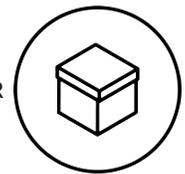
cones



plastic cups or
water bottles



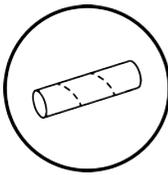
blocks



boxes



plastic dowels



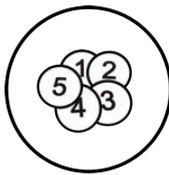
paper towel
rolls



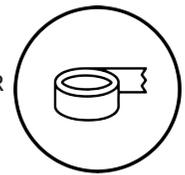
paddles



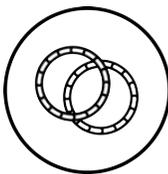
bat



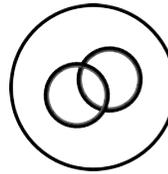
floor markers



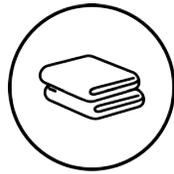
tape or
stickers



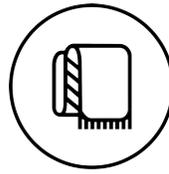
hula hoops



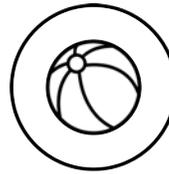
bike tubes



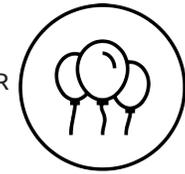
dish towel



scarf



beach ball



balloons

Social and Emotional Learning Outcomes (SEL): What is.... ?



Self-Awareness

Self awareness helps children understand their feelings, thoughts, values, strengths and areas for growth. These activities develop self-confidence in students, as well as optimism and the belief that challenges are opportunities to grow.

Self-Awareness Reflection Questions

1. What are some ways you can show or share our feelings?
2. What are some things you do well?
3. What is something you want to be able to do better?



Self-Management

Self-management helps children regulate feelings, thoughts, and behaviors. This skill is important for managing stress, impulse control, discipline, motivation and self-efficacy. These activities help students learn to set and work toward goals.

Self-Management Reflection Questions

1. If you get upset or feel impatient, what can you do to feel better?
2. What can you do if you are having trouble dealing with a situation you don't like?



Social Awareness

Social awareness helps children understand appropriate behavior and others' points of view, and to have empathy. These activities can help kids learn to take turns, understand boundaries and appreciate each other's differences.

Social Awareness Reflection Questions

1. How do you help your teammates when playing on a team?
2. How can you share a compliment with a classmate?

Social and Emotional Learning Outcomes (SEL): What is...? Continued



Relationship Skills

Relationship skills help children make and keep healthy connection with others through communication, cooperation, and conflict resolution. These activities help students express themselves, listen to others, work in teams, ask for and offer help, and play together.

Relationship Skills Reflection Questions

1. How can you show a friend or classmate that you want to learn about them?
2. What is an appropriate way to share how you feel with the person next to you?



Responsible Decision-Making

Responsible decision-making helps children learn how to make thoughtful choices, solve problems and learn from situations. These activities teach students how to follow directions and understand safety.

Responsible Decision-Making Reflection Questions

1. What were the boundaries for the game we played?
2. Why is it important for us to follow directions?



CASEL's Wheel and Competencies

The learning outcomes represented above and on the following pages are based off of the work done by The Collaborative for Academic, Social, and Emotional Learning (CASEL).

The wheel to the left reflects their breakdown of social and emotional learning. To learn more, go to casel.org

Choosing Your Plan:

Below is a diagram to help you determine which set of lesson plans is right for you and your students. Once you have decided on one, you can focus on the pages in this guide dedicated to that specific color's lesson plan.





SECTION 2

BLUE PLAN: 15-20 MIN, 1-2X A WEEK

**Special
Olympics**
Minnesota



Special Olympics
Unified Schools

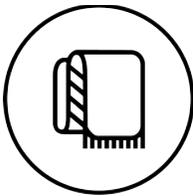
WEEK 1: FOUNDATIONAL SKILLS PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets foundational skills as well as self-awareness and relationship skills.

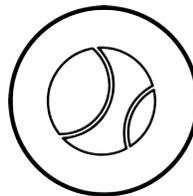
Supplies/Resources Needed



Scarves



Toys, equipment,
or other items



Ball (optional)

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1



Wrap-Up/Discussion

What was your favorite thing you did today?

WEEK 2: FOUNDATIONAL SKILLS PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets foundational skills as well as relationship skills.

Supplies/Resources Needed



Music

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Tunnels and Bridges -Activity Card #6

Children's Song -Activity Card #3



Wrap-Up/Discussion

What was your favorite thing you did today?

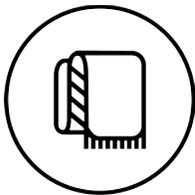
WEEK 3: FOUNDATIONAL SKILLS PART 2



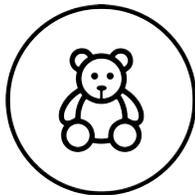
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets foundational skills as well as self-awareness, and relationship skills.

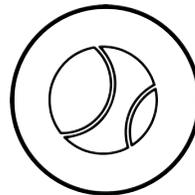
Supplies/Resources Needed



Scarves



Toys, equipment, or other items



Ball (optional)

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1



Wrap-Up/Discussion

What rotation did you like best today?

WEEK 4: FOUNDATIONAL SKILLS PART 2



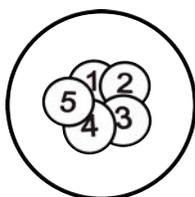
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets foundational skills as well as social awareness, and relationship skills.

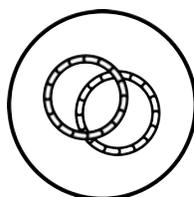
Supplies/Resources Needed



Music



Floor Markers



Hula Hoop

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be set up as rotations, or done all together as a class.

Children's Song - Activity Card #3
Musical Markers - Activity Card #4



Wrap-Up/Discussion

What song did you like best today?

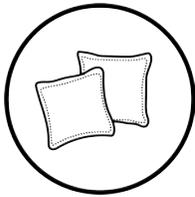
WEEK 5: WALKING AND RUNNING PART 1



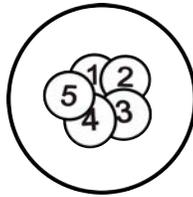
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

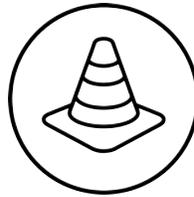
Supplies/Resources Needed



Bean Bags



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Follow the Leader - Activity Card #11 or Walk Tall - Activity Card #14

Side Stepping - Activity Card #15 or Heavy Feet, Light Feet - Activity Card #12

Run and Carry- Activity Card #17 or Sticky Arms - Activity Card #13



Wrap-Up/Discussion

What station did you like best today?

WEEK 6: WALKING AND RUNNING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as responsible decision-making, and relationship skills.

Supplies/Resources Needed



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Children's Song - Activity Card #3
Follow the Coach - Activity Card #20



Wrap-Up/Discussion

What was the hardest thing about Follow the Coach?

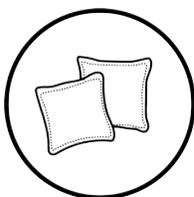
WEEK 7: WALKING AND RUNNING PART 2



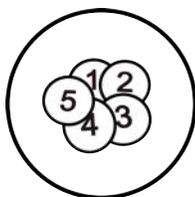
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

Supplies/Resources Needed



Bean Bags



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Follow the Leader - Activity Card #11 or Walk Tall - Activity Card #14

Side Stepping - Activity Card #15 or Heavy Feet, Light Feet - Activity Card #12

Run and Carry- Activity Card #17 or Sticky Arms - Activity Card #13



Wrap-Up/Discussion

What station did you like best today?

WEEK 8: WALKING AND RUNNING PART 2



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as social awareness, self-management and relationship skills.

Supplies/Resources Needed



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be set up as rotations, or done all together as a class.

Children's Song - Activity Card #3

Hidden Treasure/Fire Drill - Activity Cards #10 and #16



Wrap-Up/Discussion

What was the hardest thing about Hidden Treasure?

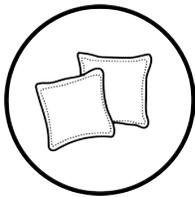
WEEK 9: BALANCE AND JUMPING PART 1



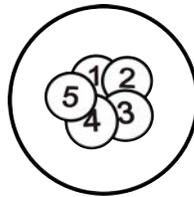
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets balance and jumping skills as well as self-awareness, self-management and relationship skills.

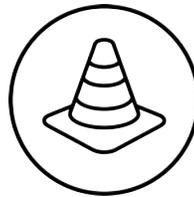
Supplies/Resources Needed



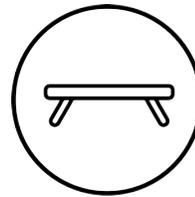
Bean Bags



Floor Markers



Cones



Balance Beam



Tape or Rope

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

Balance Beam - Activity Card #23

Rock Hop - Activity Card #25

Step, Jump and Grab - Activity Card #21 or Jumping High- Activity Card - #22



Wrap-Up/Discussion

What station did you like best today?

WEEK 10: BALANCE AND JUMPING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets balance and jumping skills as well as responsible decision-making and relationship skills.

Supplies/Resources Needed



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Children's Song - Activity Card #3
Follow the Coach - Activity Card #20



Wrap-Up/Discussion

What was the hardest thing about Follow the Coach?

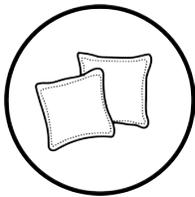
WEEK 11: BALANCE AND JUMPING PART 2



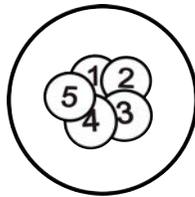
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets balance and jumping skills as well as self-awareness, self-management and relationship skills.

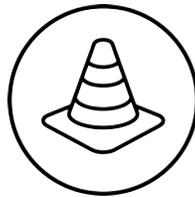
Supplies/Resources Needed



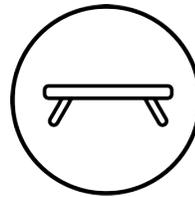
Bean Bags



Floor Markers



Cones



Balance Beam



Tape or Rope

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

Balance Beam - Activity Card #23

Rock Hop - Activity Card #25

Step, Jump and Grab - Activity Card #21 or Jumping High- Activity Card - #22



Wrap-Up/Discussion

What station did you like best today?

WEEK 12: BALANCE AND JUMPING PART 2



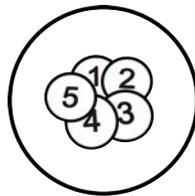
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets balance and jumping skills as well as social awareness and relationship skills.

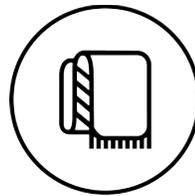
Supplies/Resources Needed



Music



Floor Markers



Scarves

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Trees in the Forest - Activity Card #26

Children's Songs - Activity Card #3



Wrap-Up/Discussion

What song was your favorite today?

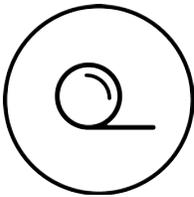
WEEK 13: TRAPPING AND CATCHING PART 1



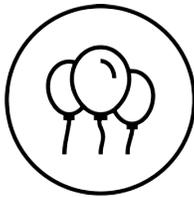
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets trapping and catching, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

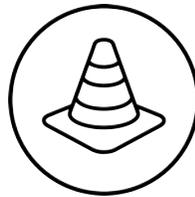
Supplies/Resources Needed



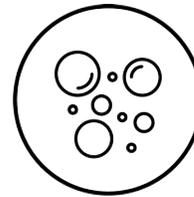
Balls



Balloons



Cones



Bubbles

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

Goalie Drill - Activity Card #32

Big Ball Catch - Activity Card #31, High ball catch - Activity card #29 or Bounce

Catch- Activity Card #27

Bubble Catch - Activity Card #30



Wrap-Up/Discussion

What was your favorite station?

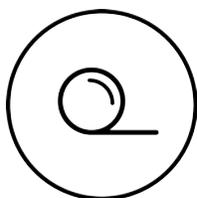
WEEK 14: TRAPPING AND CATCHING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets trapping and catching, as well as social awareness, and relationship skills.

Supplies/Resources Needed



Balls



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Rolling and Trapping - Activity Card # 34
Children's Songs - Activity Card #3



Wrap-Up/Discussion

What was hard about Rolling and Trapping?

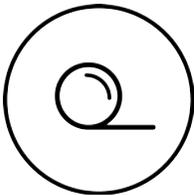
WEEK 15: TRAPPING AND CATCHING PART 2



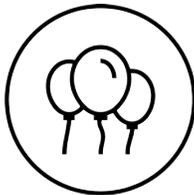
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets trapping and catching, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

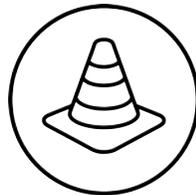
Supplies/Resources Needed



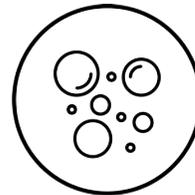
Balls



Balloons



Cones



Bubbles

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

Goalie Drill - Activity Card #32

Big Ball Catch - Activity Card #31, High ball catch - Activity Card #29 or Bounce

Catch- Activity Card #27

Bubble Catch - Activity Card #30



Wrap-Up/Discussion

What was your favorite station?

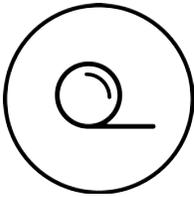
WEEK 16: TRAPPING AND CATCHING PART 2



Lesson Objectives

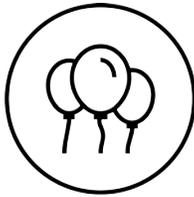
This lesson, which will be repeated 1-2 times, targets trapping and catching, as well as social awareness, and relationship skills.

Supplies/Resources Needed



2 Balls

or



2 Balloons

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell.
“Nora is here today, Nora is here today. Let’s clap our hands and stomp our feet ‘cause Nora ‘s here today.” No activity card required for this.

Activity (10 to 15 minutes total)

These activities can be done all together as a class.

Circle Ball - Activity Card #33

Children’s Songs - Activity Card #3



Wrap-Up/Discussion

What did you notice about the Circle Ball activity?

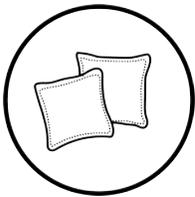
WEEK 17: THROWING PART 1



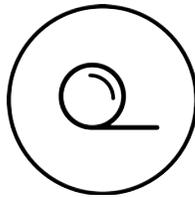
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets throwing, as well as social awareness, self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



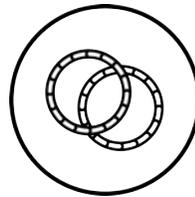
Bean Bags



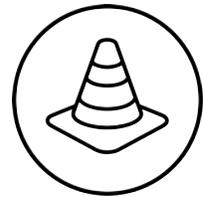
Ball



Tape or Rope



Hoop or Basket



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

One and Two Hands Underhand Toss - Activity Card #37, #38

One and Two Hands Overhand Throw - Activity Card #39, #40

Bowling - Activity Card #35



Wrap-Up/Discussion

What station did you like best today?

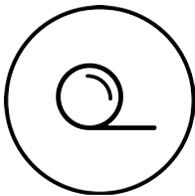
WEEK 18: THROWING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets throwing, as well as self-management, and relationship skills.

Supplies/Resources Needed



Balls



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities can be done all together as a class.

Children's Songs - Activity #3
Train Tunnel- Activity Card #42



Wrap-Up/Discussion

What song did you like best today?

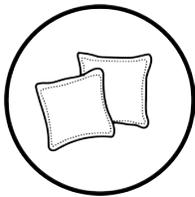
WEEK 19: THROWING PART 2



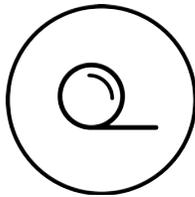
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets throwing, as well as social awareness, self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



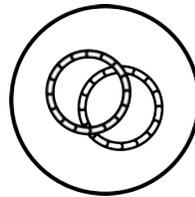
Bean Bags



Ball



Tape or Rope



Hoop or Basket



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

One and Two Hands Underhand Toss - Activity Card #37, #38

One and Two Hands Overhand Throw - Activity Card #39, #40

Bowling - Activity Card #35



Wrap-Up/Discussion

What station did you like best today?

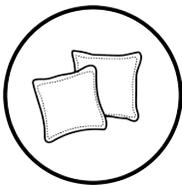
WEEK 20: THROWING PART 2



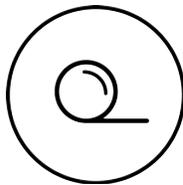
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets throwing, as well as self-management, responsible decision-making, and relationship skills.

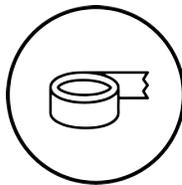
Supplies/Resources Needed



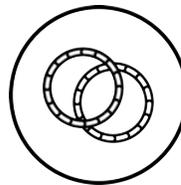
Bean Bags



Ball



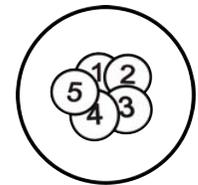
Tape



Hoop or
Basket



Music



Floor Markers

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities can be done as a whole class.

Children's Songs - Activity Card #3

Target Practice - Activity Card #41 or Shoot to Score Basketball - Activity Card #35



Wrap-Up/Discussion

Did you score a basket?

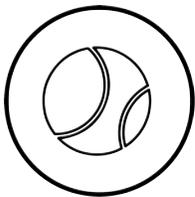
WEEK 21: STRIKING PART 1



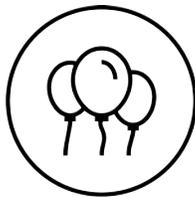
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets striking, as well as self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



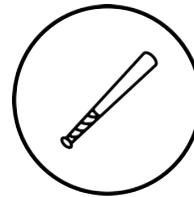
Ball



Balloons



Cones



Bat

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Handball - Activity Card #47

Ball Tap - Activity Card #46

Beginning Tennis or Softball - Activity Card #44



Wrap-Up/Discussion

What station did you like best today?

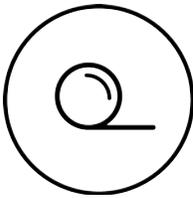
WEEK 22: STRIKING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets striking, as well as self-management, and relationship skills.

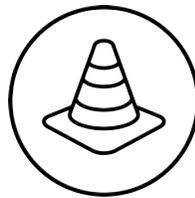
Supplies/Resources Needed



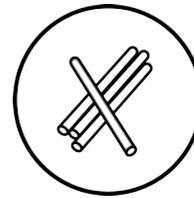
Balls



Music



Cones



Dowel or Stick

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These activities can be done all together as a class.

Children's Songs - Activity Card #3

Beginning Floorball or Golf - Activity Card #45



Wrap-Up/Discussion

What song did you like best today?

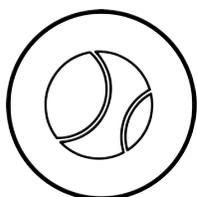
WEEK 23: STRIKING PART 2



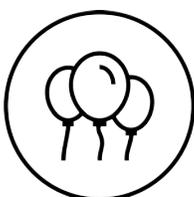
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets striking, as well as self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



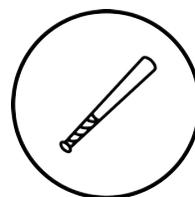
Ball



Balloons



Cones



Bat

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Handball - Activity Card #47

Ball Tap- Activity Card #46

Beginning Tennis or Softball - Activity Card #44



Wrap-Up/Discussion

What station did you like best today?

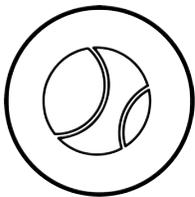
WEEK 24: STRIKING PART 2



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets striking, as well as self-awareness, responsible decision-making and relationship skills.

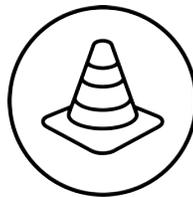
Supplies/Resources Needed



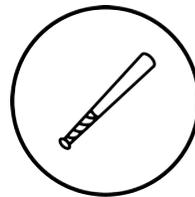
Ball



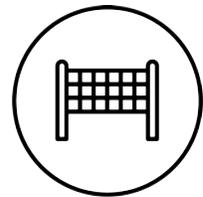
Music



Cones



Bat



Low Net
or Rope

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities can be done all together as a class.

Children's Songs - Activity Card #3

Beginning Tennis or Softball - Activity Card #44

Beginning Volleyball - Activity Card #43



Wrap-Up/Discussion

What song did you like best today?

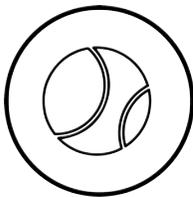
WEEK 25: KICKING PART 1



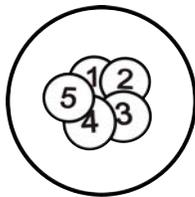
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets kicking, as well as social awareness, self-management, responsible decision-making and relationship skills.

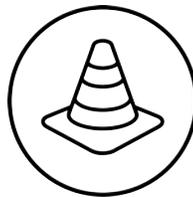
Supplies/Resources Needed



Ball



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Stationary Ball Kick - Activity Card #51 or Penalty Kick - Activity Card #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50



Wrap-Up/Discussion

What station did you like best today?

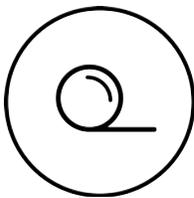
WEEK 26: KICKING PART 1



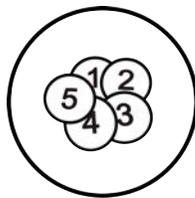
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets kicking, as well as relationship skills.

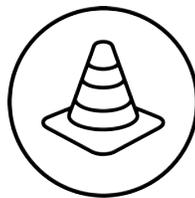
Supplies/Resources Needed



Ball



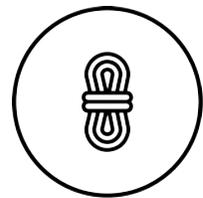
Floor Markers



Cones



Music



Rope

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be as a whole class.

Children's Songs - Activity Card #3

Three-Pin Bowling - Activity Card #53



Wrap-Up/Discussion

Did you knock down a pin?

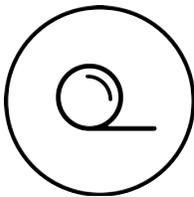
WEEK 27: KICKING PART 2



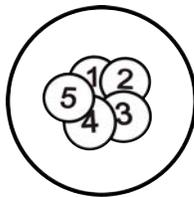
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets kicking, as well as social awareness, self-management, responsible decision-making and relationship skills.

Supplies/Resources Needed



Ball



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Stationary Ball Kick - Activity Card #51 or Penalty Kick - Activity Card #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50



Wrap-Up/Discussion

What station did you like best today?

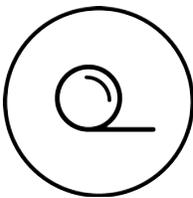
WEEK 28: KICKING PART 2



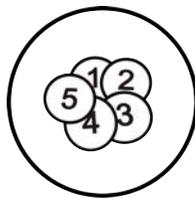
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets kicking, as well as social awareness, self-management, and relationship skills.

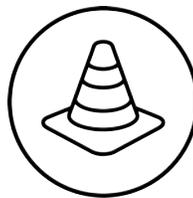
Supplies/Resources Needed



Ball



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be done as a whole class.

Children's Songs - Activity Card #3

Pinball - Activity Card #49 or Cone Dribble - Activity Card #52



Wrap-Up/Discussion

What song did you like best?

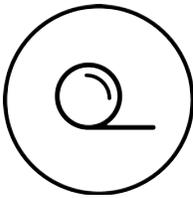
WEEK 29: ADVANCED SKILLS PART 1



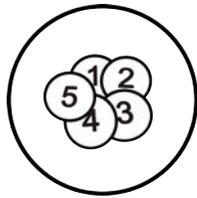
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as self-awareness, social awareness, self-management, and relationship skills.

Supplies/Resources Needed



Ball



Floor Markers

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities can be done in rotations or as a whole class.

Punting - Activity Card #59

Galloping - Activity Card #58 or Skipping - Activity Card #57

Soccer Skills- Activity Cards #60, #55, #56



Wrap-Up/Discussion

What station did you like best?

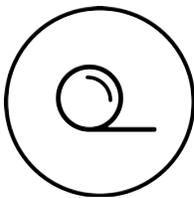
WEEK 30: ADVANCED SKILLS PART 1



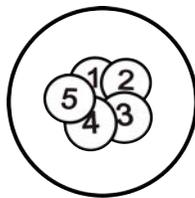
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as social awareness, responsible decision-making, and relationship skills.

Supplies/Resources Needed



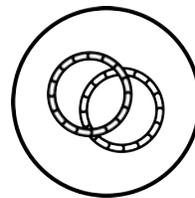
Ball



Floor Markers



Cones



Hoop or Basket

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be done as a whole class.

Children's Songs - Activity Card #3

Basketball Skills - Activity Cards #61, #62, #63



Wrap-Up/Discussion

What song did you like best?

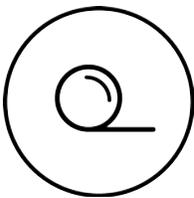
WEEK 31: ADVANCED SKILLS PART 2



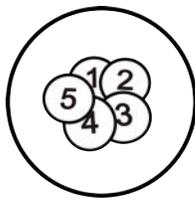
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as self-awareness, social awareness, self-management, and relationship skills.

Supplies/Resources Needed



Ball



Floor Markers

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities can be done in rotations or as a whole class.

Punting - Activity Card #59

Galloping - Activity Card #58 or Skipping - Activity Card #57

Soccer Skills- Activity Cards #60, #55, #56



Wrap-Up/Discussion

What station did you like best?

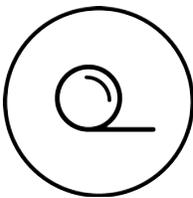
WEEK 32: ADVANCED SKILLS PART 2



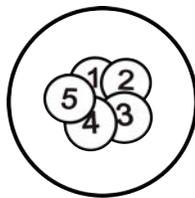
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as responsible decision-making, and relationship skills.

Supplies/Resources Needed



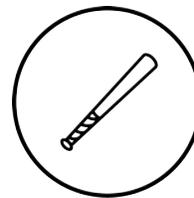
Ball



Floor Markers



Cones



Bat

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be done as a whole class.

Children's Songs - Activity Card #3

Softball Skills/Run the Bases - Activity Card #64



Wrap-Up/Discussion

What song did you like best?



SECTION 3

RED PLAN: 15-20 MIN, 3-5X A WEEK

**Special
Olympics**
Minnesota



Special Olympics
Unified Schools

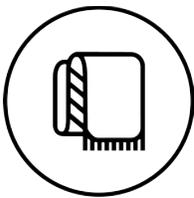
WEEK 1 LESSON A: FOUNDATIONAL SKILLS PART 1



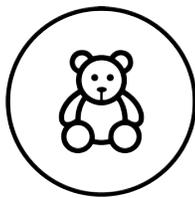
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills, as well as self-awareness and relationship skills.

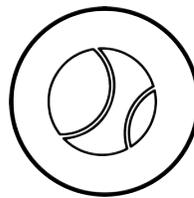
Supplies/Resources Needed



Scarves



Toys, equipment, or other items



Ball (optional)

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1



Wrap-Up/Discussion

What was your favorite thing you did today?

WEEK 1 LESSON B: FOUNDATIONAL SKILLS PART 1



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills, as well as relationship skills.

Supplies/Resources Needed



Music

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Tunnels and Bridges -Activity Card #6

Children's Song -Activity Card #3



Wrap-Up/Discussion

What was your favorite thing you did today?

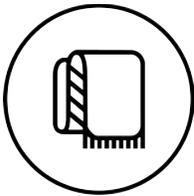
WEEK 2 LESSON A: FOUNDATIONAL SKILLS PART 2



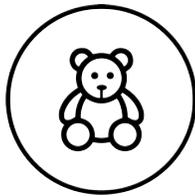
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills, as well as self-awareness and relationship skills.

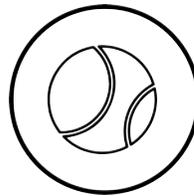
Supplies/Resources Needed



Scarves



Toys, equipment, or other items



Ball (optional)

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1



Wrap-Up/Discussion

What was your favorite thing you did today?

WEEK 2 LESSON B: FOUNDATIONAL SKILLS PART 2



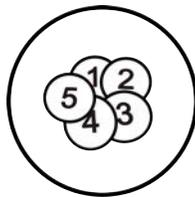
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills, as well as social awareness and relationship skills.

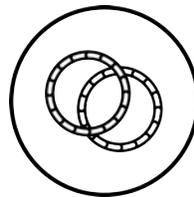
Supplies/Resources Needed



Music



Floor Markers



Hula Hoop

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. “ Nora is here today, Nora is here today. Let’s clap our hands and stomp our feet ‘cause Nora ‘s here today.” No activity card required for this.

Activity (10 to 15 minutes total)

These can be set up as rotations, or done all together as a class.

Children’s Song -Activity Card #3

Musical Markers -Activity Card #4



Wrap-Up/Discussion

What song did you like best today?

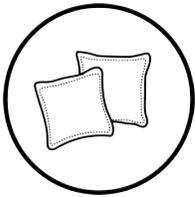
WEEK 3 LESSON A: WALKING AND RUNNING PART 1



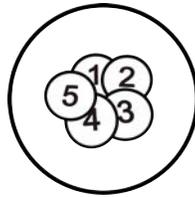
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as self-awareness, self-management, responsible decision-making and relationship skills.

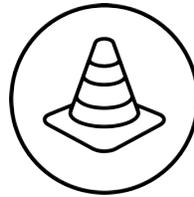
Supplies/Resources Needed



Bean Bags



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Follow the Leader - Activity Card #11 or Walk Tall - Activity Card #14

Side Stepping - Activity Card #15 or Heavy Feet, Light Feet - Activity Card #12

Run and Carry- Activity Card #17 or Sticky Arms - Activity Card #13



Wrap-Up/Discussion

What station did you like best today?

WEEK 3 LESSON B: WALKING AND RUNNING PART 1



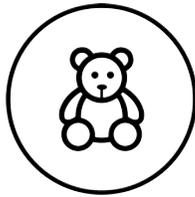
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as social awareness, self-management and relationship skills.

Supplies/Resources Needed



Music



Toys, equipment, or other items

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. “ Nora is here today, Nora is here today. Let’s clap our hands and stomp our feet ‘cause Nora ‘s here today.” No activity card required for this.

Activity (10 to 15 minutes total)

These can be set up as rotations, or done all together as a class.

Children’s Song -Activity Card #3

Hidden Treasure -Activity Card #10



Wrap-Up/Discussion

What was the hardest thing about Hidden Treasure?

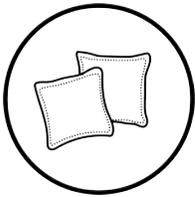
WEEK 4 LESSON A: WALKING AND RUNNING PART 2



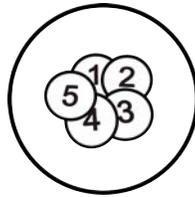
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as self-awareness, self-management, responsible decision-making and relationship skills.

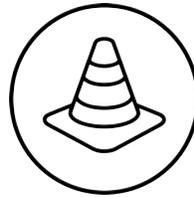
Supplies/Resources Needed



Bean Bags



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be set up as rotations, or done all together as a class.

Follow the Leader - Activity Card #11 or Walk Tall - Activity Card #14

Side Stepping - Activity Card #15 or Heavy Feet, Light Feet - Activity Card #12

Run and Carry- Activity Card #17 or Sticky Arms - Activity Card #13



Wrap-Up/Discussion

What station did you like best today?

WEEK 4 LESSON B: WALKING AND RUNNING PART 2



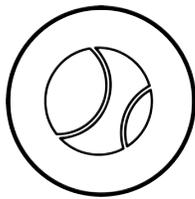
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as social awareness, self-management and relationship skills.

Supplies/Resources Needed



Music



Ball (optional)

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be set up as rotations, or done all together as a class.

Children's Song -Activity Card #3

Fire Drill -Activity Card #16



Wrap-Up/Discussion

What song did you like best today?

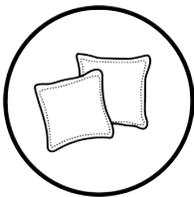
WEEK 5 LESSON A: BALANCE AND JUMPING PART 1



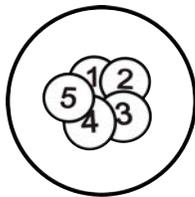
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets balance and jumping skills, as well as self-awareness, self-management, and relationship skills.

Supplies/Resources Needed



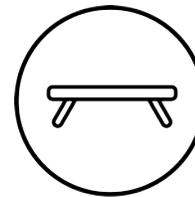
Bean Bags



Floor Markers



Cones



Balance Beam



Tape or Rope

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

Balance Beam - Activity Card #23

Rock Hop - Activity Card #25

Step, Jump and Grab - Activity Card #21 or Jumping High - Activity Card #22



Wrap-Up/Discussion

What station did you like best today?

WEEK 5 LESSON B: BALANCE AND JUMPING PART 1



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets balance and jumping skills, as well as responsible decision-making and relationship skills.

Supplies/Resources Needed



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Children's Song - Activity Card #3
Follow the Coach - Activity Card #20



Wrap-Up/Discussion

What was the hardest thing about Follow the Coach?

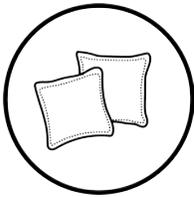
WEEK 6 LESSON A: BALANCE AND JUMPING PART 2



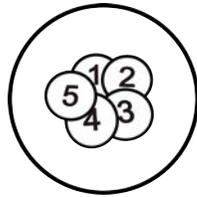
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets balance and jumping skills, as well as self-awareness, self-management, and relationship skills.

Supplies/Resources Needed



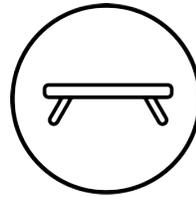
Bean Bags



Floor Markers



Cones



Balance Beam



Tape or Rope

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

Balance Beam - Activity Card #23

Rock Hop - Activity Card #25

Step, Jump and Grab - Activity Card #21 or Jumping High - Activity Card #22



Wrap-Up/Discussion

What station did you like best today?

WEEK 6 LESSON B: BALANCE AND JUMPING PART 2



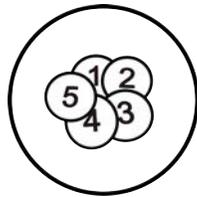
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets balance and jumping skills, as well as social awareness and relationship skills.

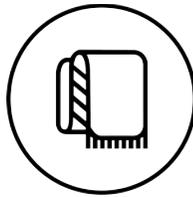
Supplies/Resources Needed



Music



Floor Markers



Scarves

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Trees in the Forest -Activity Card #26

Children's Song - Activity Card #3



Wrap-Up/Discussion

What song was your favorite today?

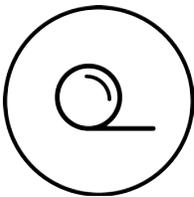
WEEK 7 LESSON A: TRAPPING AND CATCHING PART 1



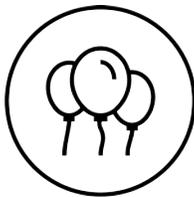
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets trapping and catching skills, as well as self-awareness, self-management, responsible decision-making and relationship skills.

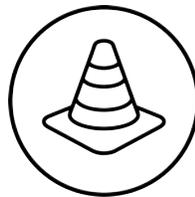
Supplies/Resources Needed



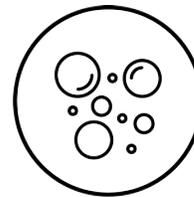
Balls



Balloons



Cones



Bubbles

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be done as rotations or all together as a class.

Goalie Drill - Activity Card #32

Big Ball Catch - Activity Card #31, High ball catch - Activity Card #29 or Bounce Catch- Activity Card - #27

Bubble Catch - Activity Card #30



Wrap-Up/Discussion

What station did you like best today?

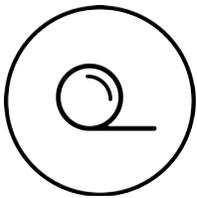
WEEK 7 LESSON B: TRAPPING AND CATCHING PART 1



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets trapping and catching skills, as well as social awareness and relationship skills.

Supplies/Resources Needed



Balls



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Rolling and Trapping -Activity Card #34
Children's Song - Activity Card #3



Wrap-Up/Discussion

What was hard about Rolling and Trapping?

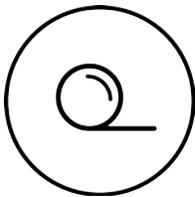
WEEK 8 LESSON A: TRAPPING AND CATCHING PART 2



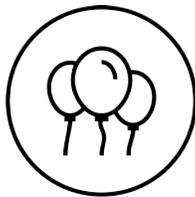
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets trapping and catching skills, as well as self-awareness, self-management, responsible decision-making and relationship skills.

Supplies/Resources Needed



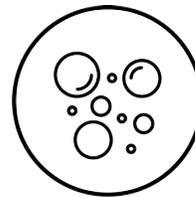
Balls



Balloons



Cones



Bubbles

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These can be done as rotations or all together as a class.

Goalie Drill - Activity Card #32

Big Ball Catch - Activity Card #31, High Ball Catch - Activity Card #29 or Bounce Catch - Activity Card #27

Bubble Catch - Activity Card #30



Wrap-Up/Discussion

What station did you like best today?

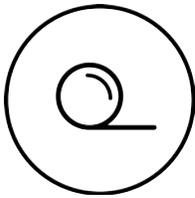
WEEK 8 LESSON B: TRAPPING AND CATCHING PART 2



Lesson Objectives

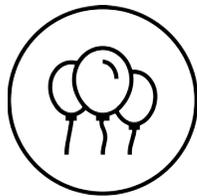
This lesson, which will be repeated 1-3 times, targets trapping and catching skills, as well as social awareness and relationship skills.

Supplies/Resources Needed



Balls

or



2 Balloons

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Circle Ball -Activity Card #33

Children's Song - Activity Card #3



Wrap-Up/Discussion

What did you notice about the Circle Ball activity?

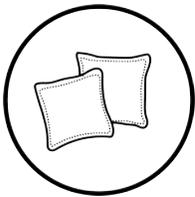
WEEK 9 LESSON A: THROWING PART 1



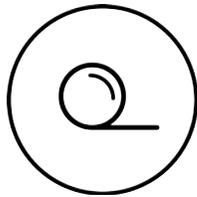
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing, as well as social awareness, self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



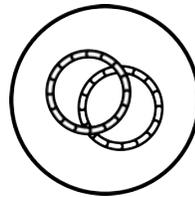
Bean Bags



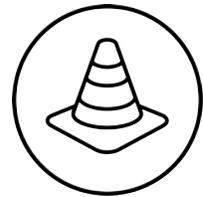
Ball



Tape or Rope



Hoop or Basket



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

One and Two Hands Underhand Toss - Activity Card #37, #38

One and Two Hands Overhand Throw - Activity Card #39, #40

Bowling - Activity Card #35



Wrap-Up/Discussion

What station did you like best today?

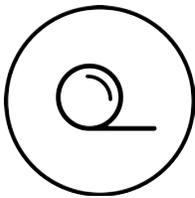
WEEK 9 LESSON B: THROWING PART 1



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing skills, as well as self-management and relationship skills.

Supplies/Resources Needed



Balls



Music

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These can be done all together as a class.

Children's Song - Activity Card #3

Train Tunnel -Activity Card #42



Wrap-Up/Discussion

What song did you like best today?

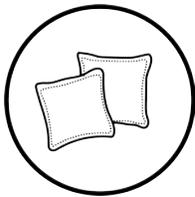
WEEK 10 LESSON A: THROWING PART 2



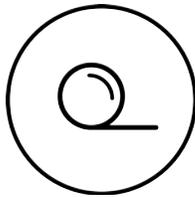
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing, as well as social awareness, self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



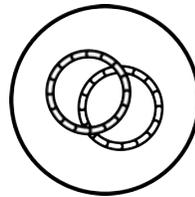
Bean Bags



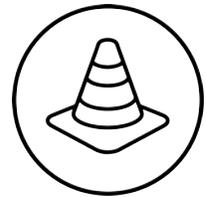
Ball



Tape or Rope



Hoop or Basket



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These should be set up as rotations.

One and Two Hands Underhand Toss - Activity Card #37, #38

One and Two Hands Overhand Throw - Activity Card #39, #40

Bowling - Activity Card #35



Wrap-Up/Discussion

What station did you like best today?

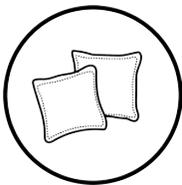
WEEK 10 LESSON B: THROWING PART 2



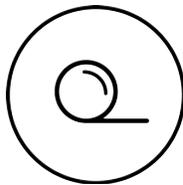
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing, as well as self-management, responsible decision-making, and relationship skills.

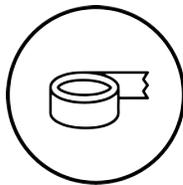
Supplies/Resources Needed



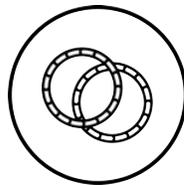
Bean Bags



Ball



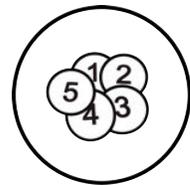
Tape



Hoop or
Basket



Music



Floor Markers

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities can be done as a whole class.

Children's Songs - Activity Card #3

Target Practice - Activity Card #41 or Shoot to Score Basketball - Activity Card #36



Wrap-Up/Discussion

Did you score a basket?

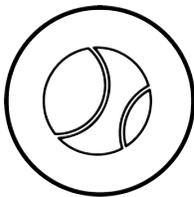
WEEK 11 LESSON A: STRIKING PART 1



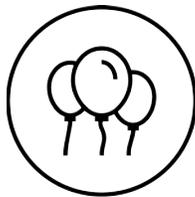
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets striking, as well as self-awareness, responsible decision-making and relationship skills.

Supplies/Resources Needed



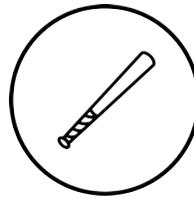
Ball



Balloons



Cones



Bat

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Handball - Activity Card #47

Ball Tap - Activity Card #46

Beginning Tennis or Softball - Activity Card #44



Wrap-Up/Discussion

What station did you like best today?

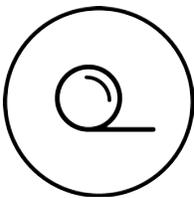
WEEK 11 LESSON B: STRIKING PART 2



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets striking, as well as self-management, and relationship skills.

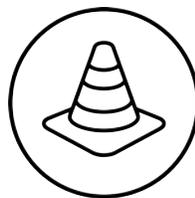
Supplies/Resources Needed



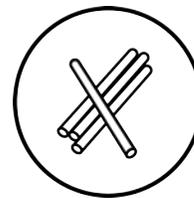
Balls



Music



Cones



Dowel or Stick

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These activities can be done all together as a class.

Children's Songs - Activity Card #3

Beginning Floorball or Golf - Activity Card #45



Wrap-Up/Discussion

What song did you like best today?

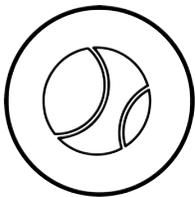
WEEK 12 LESSON A: STRIKING PART 2



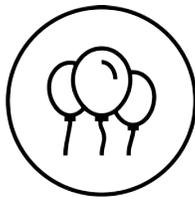
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets striking, as well as self-awareness, responsible decision-making and relationship skills.

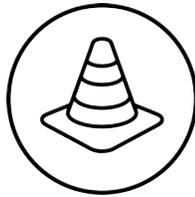
Supplies/Resources Needed



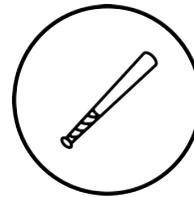
Ball



Balloons



Cones



Bat

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Handball - Activity Card #47

Ball Tap - Activity Card #46

Beginning Tennis or Softball - Activity Card #44



Wrap-Up/Discussion

What station did you like best today?

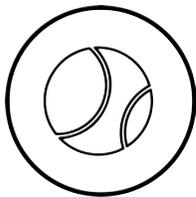
WEEK 12 LESSON B: STRIKING PART 2



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets striking, as well as self-awareness, responsible decision-making and relationship skills.

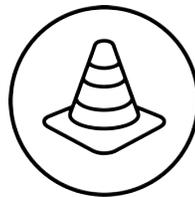
Supplies/Resources Needed



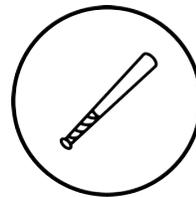
Ball



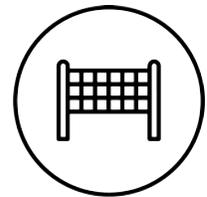
Music



Cones



Bat



Low Net
or Rope

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities can be done all together as a class.

Children's Songs - Activity Card #3

Beginning Tennis or Softball - Activity Card #44

Beginning Volleyball - Activity Card #43



Wrap-Up/Discussion

What song did you like best today?

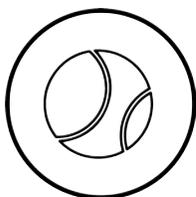
WEEK 13 LESSON A: KICKING PART 1



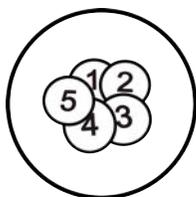
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets kicking, as well as social awareness, self-management, responsible decision-making and relationship skills.

Supplies/Resources Needed



Ball



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Stationary Ball Kick - Activity Card #51 or Penalty Kick - Activity Card #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50



Wrap-Up/Discussion

What station did you like best today?

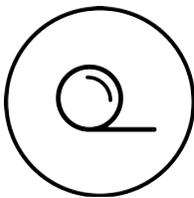
WEEK 13 LESSON B: KICKING PART 1



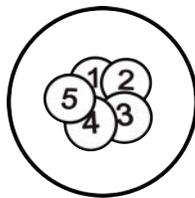
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets kicking, as well as relationship skills.

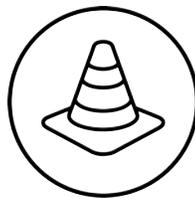
Supplies/Resources Needed



Ball



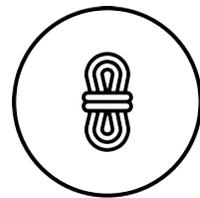
Floor Markers



Cones



Music



Rope

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be as a whole class.

Children's Songs - Activity Card #3

Three-Pin Bowling - Activity Card #53



Wrap-Up/Discussion

Did you knock down a pin?

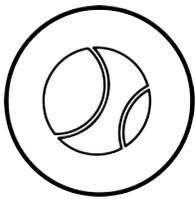
WEEK 14 LESSON A: KICKING PART 2



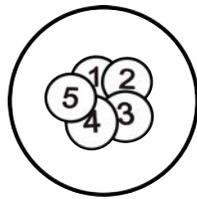
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets kicking, as well as social awareness, self-management, responsible decision-making and relationship skills.

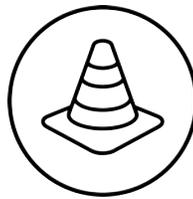
Supplies/Resources Needed



Ball



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Stationary Ball Kick - Activity Card #51 or Penalty Kick - Activity Card #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50



Wrap-Up/Discussion

What station did you like best today?

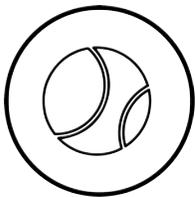
WEEK 14 LESSON B: KICKING PART 2



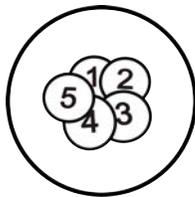
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets kicking, as well as social awareness, self-management, and relationship skills.

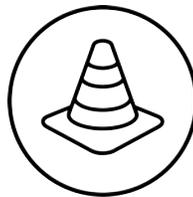
Supplies/Resources Needed



Ball



Floor Markers



Cones

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (3 to 5 minutes each)

These activities should be done in rotations.

Children's Songs -Activity Card #3

Pinball -Activity Card #49 or Cone Dribble -Activity Card #52



Wrap-Up/Discussion

What station did you like best today?

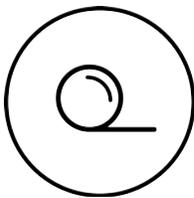
WEEK 15 LESSON A: ADVANCED SKILLS PART 1



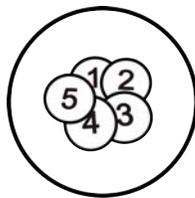
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets advanced skills, as well as self-awareness, social awareness, self-management, and relationship skills.

Supplies/Resources Needed



Ball



Floor Markers

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities can be done in rotations or as a whole class.

Punting - Activity Card #59

Galloping - Activity Card #58 or Skipping - Activity Card #57

Soccer Skills- Activity Cards #60, #55, #56



Wrap-Up/Discussion

What station did you like best?

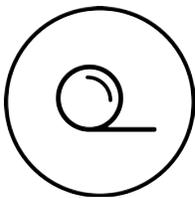
WEEK 15 LESSON B: ADVANCED SKILLS PART 2



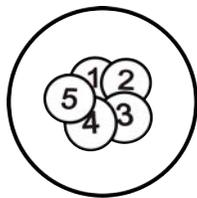
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets advanced skills, as well as social awareness, responsible decision-making, and relationship skills.

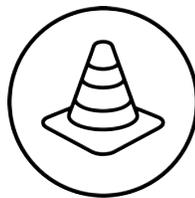
Supplies/Resources Needed



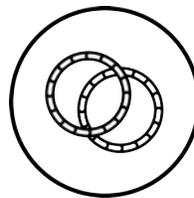
Ball



Floor Markers



Cones



Hoop or Basket

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be done as a whole class.

Children's Songs - Activity Card #3

Basketball Skills - Activity Cards #61, #62, #63



Wrap-Up/Discussion

What song did you like best?

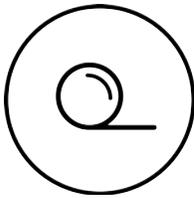
WEEK 16 LESSON A: ADVANCED SKILLS PART 2



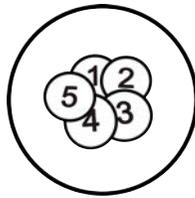
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets advanced skills, as well as self-awareness, social awareness, self-management, and relationship skills.

Supplies/Resources Needed



Ball



Floor Markers

Warm-Up (3 to 5 minutes)

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity (3 to 5 minutes each)

These activities can be done in rotations or as a whole class.

Punting - Activity Card #59

Galloping - Activity Card #58 or Skipping - Activity Card #57

Soccer Skills- Activity Cards #60, #55, #56



Wrap-Up/Discussion

What station did you like best?

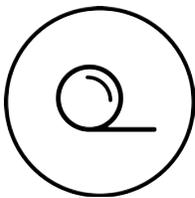
WEEK 16 LESSON B: ADVANCED SKILLS PART 2



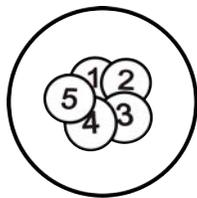
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as responsible decision-making, and relationship skills.

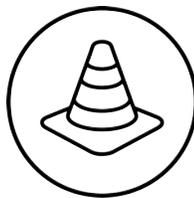
Supplies/Resources Needed



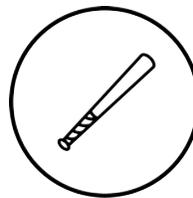
Ball



Floor Markers



Cones



Bat

Warm-Up (3 to 5 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Activity (10 to 15 minutes total)

These activities should be done as a whole class.

Children's Songs - Activity Card #3

Softball Skills/Run the Bases - Activity Card #64



Wrap-Up/Discussion

What song did you like best?



SECTION 4

GREEN PLAN: 1-2X A WEEK, 30-45 MIN

**Special
Olympics**
Minnesota



Special Olympics
Unified Schools

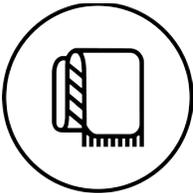
WEEK 1: FOUNDATIONAL SKILLS PART 1



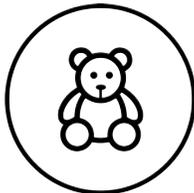
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets foundational skills as well as self-awareness, responsible decision-making and relationship skills.

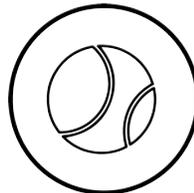
Supplies/Resources Needed



Scarves



Toys, equipment,
or other items



Ball (optional)

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. “ Nora is here today, Nora is here today. Let’s clap our hands and stomp our feet ‘cause Nora ‘s here today.” No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Tunnels and Bridges -Activity Card #6



Wrap-Up/Discussion

What was your favorite thing you did today?

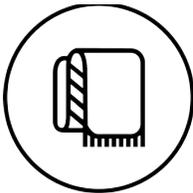
WEEK 2: FOUNDATIONAL SKILLS PART 2



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets foundational skills as well as self-awareness, social awareness, responsible decision-making and relationship skills.

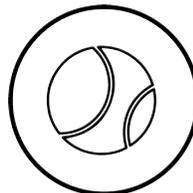
Supplies/Resources Needed



Scarves



Toys, equipment,
or other items



Ball (optional)

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1

Tunnels and Bridges -Activity Card #6

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Musical Markers -Activity Card #4



Wrap-Up/Discussion

What was your favorite thing you did today?

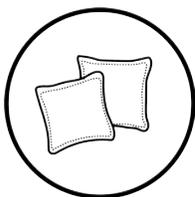
WEEK 3: WALKING AND RUNNING PART 1



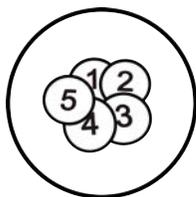
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, responsible decision-making and relationship skills.

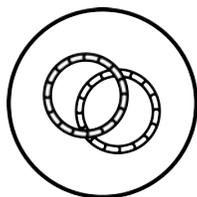
Supplies/Resources Needed



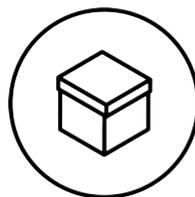
Bean Bags



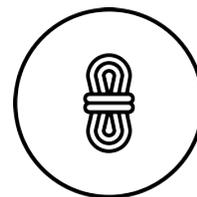
Floor Markers



Hoops



Boxes



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Follow the Leader -Activity Card #11 or Walk Tall -Activity Card #14

Side Stepping -Activity Card #15 or Heavy Feet, Light Feet -Activity Card #12

Run and Carry -Activity Card #17 or Sticky Arms -Activity Card #13

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Follow the Leader -Activity Card #11



Wrap-Up/Discussion

What was your favorite thing you did today?

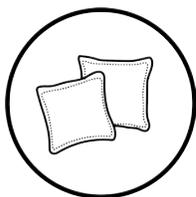
WEEK 4: WALKING AND RUNNING PART 2



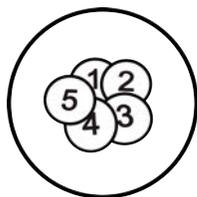
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, responsible decision-making and relationship skills.

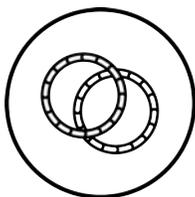
Supplies/Resources Needed



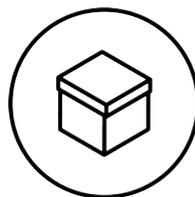
Bean Bags



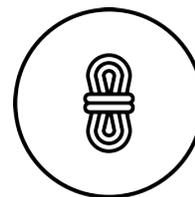
Floor Markers



Hoops



Boxes



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Follow the Leader -Activity Card #11 or Walk Tall -Activity Card #14

Side Stepping -Activity Card #15 or Heavy Feet, Light Feet -Activity Card #12

Run and Carry -Activity Card #17 or Sticky Arms -Activity Card #13

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Hidden Treasure or Fire Drill -Activity Cards #10 and #16



Wrap-Up/Discussion

What was your favorite thing you did today?

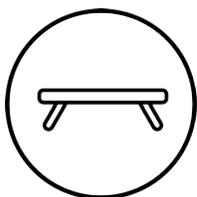
WEEK 5: BALANCE AND JUMPING PART 1



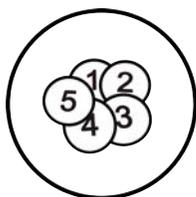
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets balance and jumping skills, as well as self-awareness, self-management, responsible decision-making and relationship skills.

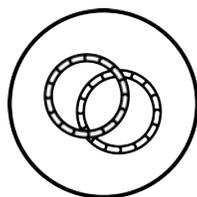
Supplies/Resources Needed



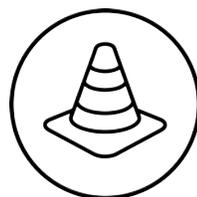
Balance Beam



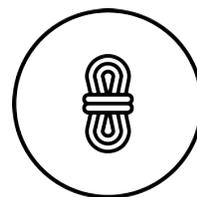
Floor Markers



Hoops



Cones



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Balance Beam - Activity Card #23

Rock Hop - Activity Cards #25

Step, Jump and Grab or Jumping High - Activity Cards #21 and #22

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Follow the Coach - Activity Card #20



Wrap-Up/Discussion

What was your favorite thing you did today?

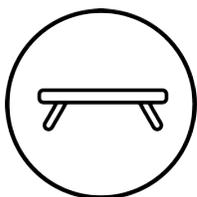
WEEK 6: BALANCE AND JUMPING PART 2



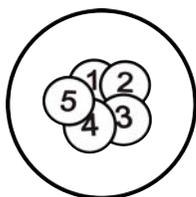
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, and relationship skills.

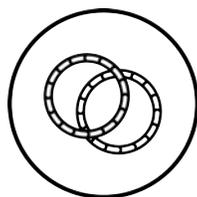
Supplies/Resources Needed



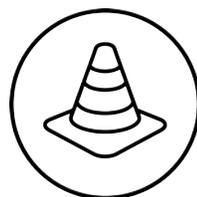
Balance Beam



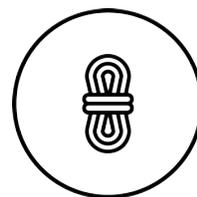
Floor Markers



Hoops



Cones



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Balance Beam - Activity Card #23

Rock Hop - Activity Cards #25

Step, Jump and Grab or Jumping High - Activity Cards #21 and #22

Leaping Lizards -Activity Card #24

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Trees in the Forest -Activity Card #26



Wrap-Up/Discussion

What was your favorite thing you did today?

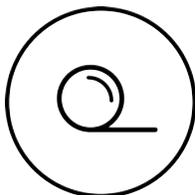
WEEK 7: TRAPPING AND CATCHING PART 1



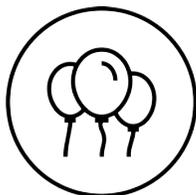
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets trapping and catching, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

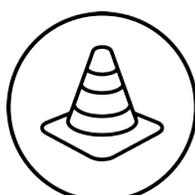
Supplies/Resources Needed



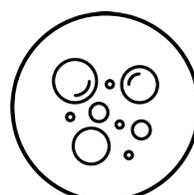
Balls



Balloons



Cones



Bubbles

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Goalie Drill - Activity Card #32

Big Ball Catch or High Ball Catch or Bounce Catch - Activity Cards #31, #29 and #27

Bubble Catch - Activity Card #30

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Rolling and Trapping - Activity Card #34



Wrap-Up/Discussion

What was your favorite thing you did today?

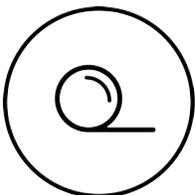
WEEK 8: TRAPPING AND CATCHING PART 2



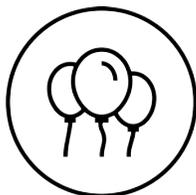
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets trapping and catching, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

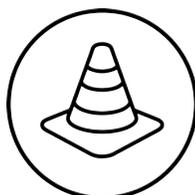
Supplies/Resources Needed



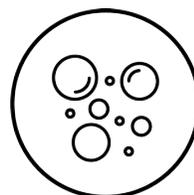
Balls



Balloons



Cones



Bubbles

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Goalie Drill - Activity Card #32

Big Ball Catch or High Ball Catch or Bounce Catch - Activity Cards #31, #29 and #27

Bubble Catch - Activity Card #30

Low Bubble Catch -Activity Card #28

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Circle Ball -Activity Card #33



Wrap-Up/Discussion

What was your favorite thing you did today?

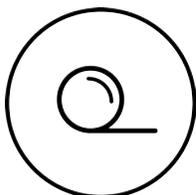
WEEK 9: THROWING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets throwing, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

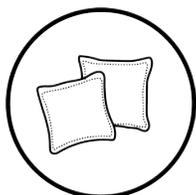
Supplies/Resources Needed



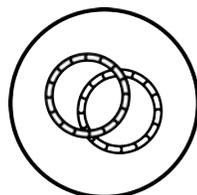
Balls



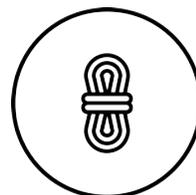
Cones



Bean Bags



Hoops



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

One and Two Hands Underhand Toss - Activity Cards #37 and #38

One and Two Hands Overhand Throw - Activity Cards #39 and #40

Bowling - Activity Card #35

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #40

Large Group Activity: Train Tunnel- Activity Card #42



Wrap-Up/Discussion

What was your favorite thing you did today?

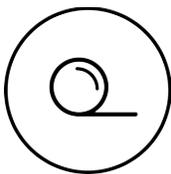
WEEK 10: THROWING PART 2



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets throwing, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

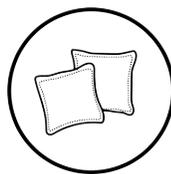
Supplies/Resources Needed



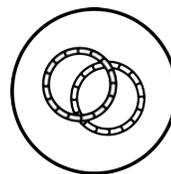
Balls



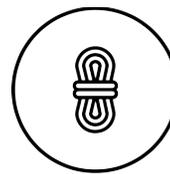
Cones



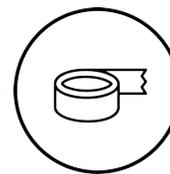
Bean Bags



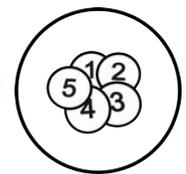
Hoops



Rope



Tape



Floor
Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

One and Two Hands Underhand Toss - Activity Cards #37 and #38

One and Two Hands Overhand Throw - Activity Cards #39 and #40

Bowling - Activity Card #35

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Target Practice/Shoot to Score Basketball -Activity Cards #41 and #36



Wrap-Up/Discussion

What was your favorite thing you did today?

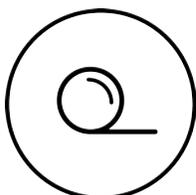
WEEK 11: STRIKING PART 1



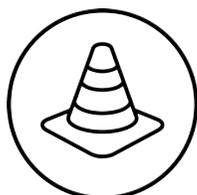
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets striking, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

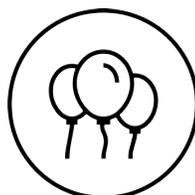
Supplies/Resources Needed



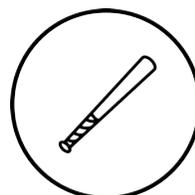
Balls



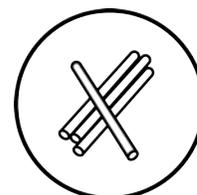
Cones



Balloon



Bat



Dowel

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Handball - Activity Card #47

Ball Tap - Activity Card #46

Side Striking/Intermediate Tennis or Softball - Activity Card #44

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Beginning Floorball or Golf -Activity Card #45



Wrap-Up/Discussion

What was your favorite thing you did today?

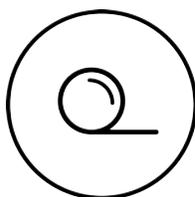
WEEK 12: STRIKING PART 2



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets striking, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

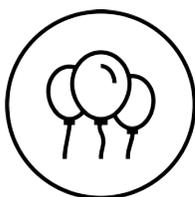
Supplies/Resources Needed



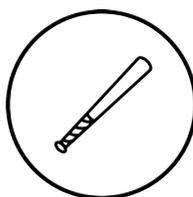
Balls



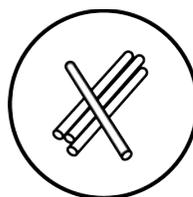
Cones



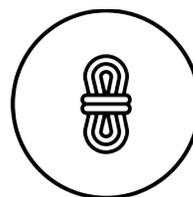
Balloon



Bat



Dowel



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Handball - Activity Card #47

Ball Tap - Activity Card #46

Side Striking/Intermediate Tennis or Softball - Activity Card #44

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Beginning Volleyball - Activity Card #43



Wrap-Up/Discussion

What was your favorite thing you did today?

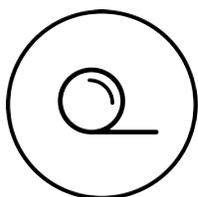
WEEK 13: KICKING PART 1



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets kicking, as well as social awareness, self-management, responsible decision-making, and relationship skills.

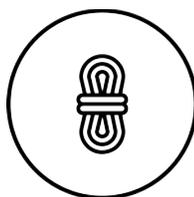
Supplies/Resources Needed



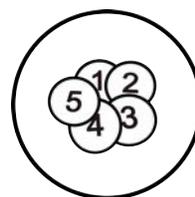
Balls



Cones



Rope



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Stationary Ball Kick or Penalty Kick- Activity Cards #51 and #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Three Pin Bowling - Activity Card #53



Wrap-Up/Discussion

What was your favorite thing you did today?

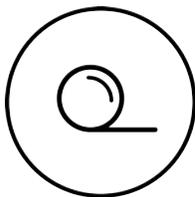
WEEK 14: KICKING PART 2



Lesson Objectives

This lesson, which will be repeated 1-2 times, targets kicking, as well as social awareness, self-management, responsible decision-making, and relationship skills.

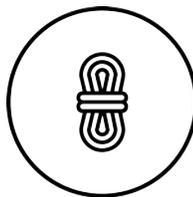
Supplies/Resources Needed



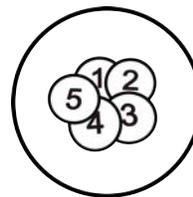
Balls



Cones



Rope



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Stationary Ball Kick or Penalty Kick - Activity Cards #51 and #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Pinball or Cone Dribble - Activity Cards #49 and #52



Wrap-Up/Discussion

What was your favorite thing you did today?

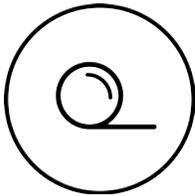
WEEK 15: ADVANCED SKILLS PART 1



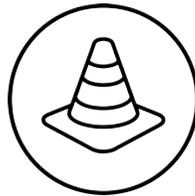
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as social awareness, self-awareness, self-management, responsible decision-making, and relationship skills.

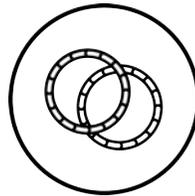
Supplies/Resources Needed



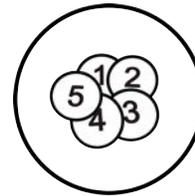
Balls



Cones



Hoops



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes)

Punting- Activity Card #59

Galloping or Skipping - Activity Cards #58 and #57

Football (Stand, Roll, & Trap, 2 on 1, 1 on 1) - Activity Cards #55, #60 and #56

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Basketball (Dribble, Pass and Shoot, Dribble and Shoot) - Activity Cards #61, #62, #63



Wrap-Up/Discussion

What was your favorite thing you did today?

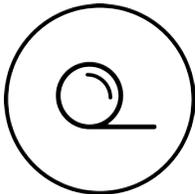
WEEK 16: ADVANCED SKILLS PART 2



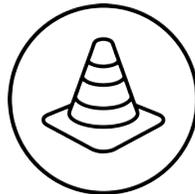
Lesson Objectives

This lesson, which will be repeated 1-2 times, targets advanced skills, as well as social awareness, self-awareness, self-management, responsible decision-making, and relationship skills.

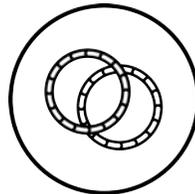
Supplies/Resources Needed



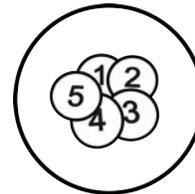
Balls



Cones



Hoops



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Punting- Activity Card #59

Galloping or Skipping - Activity Cards #58 and #57

Football (Stand, Roll, & Trap, 2 on 1, 1 on 1) - Activity Cards #55, #60 and #56

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Softball(Run the Bases) - Activity Card #64



Wrap-Up/Discussion

What was your favorite thing you did today?



SECTION 5

ORANGE PLAN: 3-5X A WEEK, 30-45 MIN

**Special
Olympics**
Minnesota



Special Olympics
Unified Schools

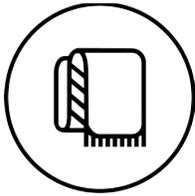
WEEK 1 LESSON A: FOUNDATIONAL SKILLS



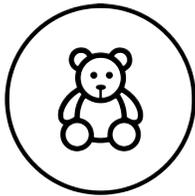
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills as well as self-awareness, responsible decision-making and relationship skills.

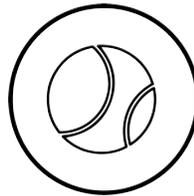
Supplies/Resources Needed



Scarves



Toys, equipment,
or other items



Ball (optional)

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. “ Nora is here today, Nora is here today. Let’s clap our hands and stomp our feet ‘cause Nora ‘s here today.” No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Tunnels and Bridges -Activity Card #6



Wrap-Up/Discussion

What was your favorite thing you did today?

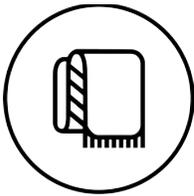
WEEK 1 LESSON B: FOUNDATIONAL SKILLS



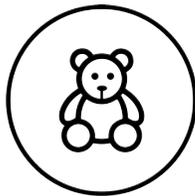
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills as well as self-awareness, social awareness, responsible decision-making and relationship skills.

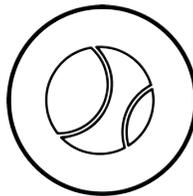
Supplies/Resources Needed



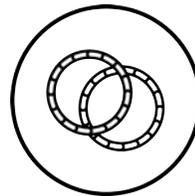
Scarves



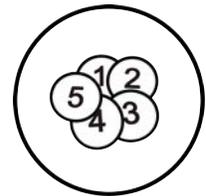
Toys, equipment,
or other items



Ball (optional)



Hoops



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1

Tunnels and Bridges -Activity Card #6

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Musical Markers -Activity Card #4



Wrap-Up/Discussion

What was your favorite thing you did today?

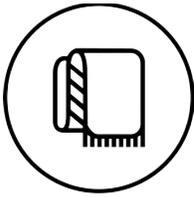
WEEK 2 LESSONS A&B: FOUNDATIONAL SKILLS REVIEW



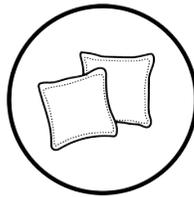
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets foundational skills as well as self-awareness, social awareness, responsible decision-making and relationship skills.

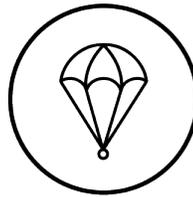
Supplies/Resources Needed



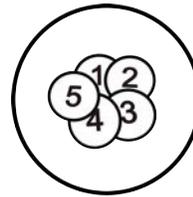
Scarves



Bean bags



Parachute



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Animal Games - Activity Card #5

I Spy - Activity Card #2

Scarf games - Activity Card #1

Tunnels and Bridges -Activity Card #6

Activity: Group Games (10 to 15 minutes, choose 1-2 each day)

Tag: using animal game walks (all doing same animal walk, change animals)

Parachute Games -Activity Card #8

Musical Markers -Activity Card #4

Scarf Games -Activity Card #1



Wrap-Up/Discussion

What was your favorite thing you did today?

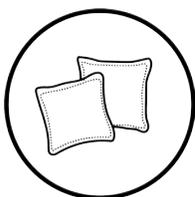
WEEK 3 LESSON A: WALKING AND RUNNING



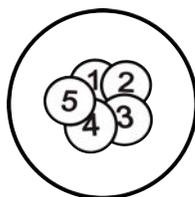
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, responsible decision-making and relationship skills.

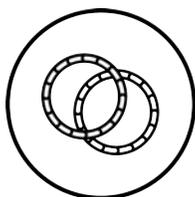
Supplies/Resources Needed



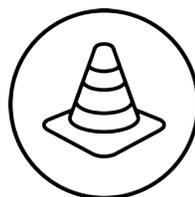
Bean Bags



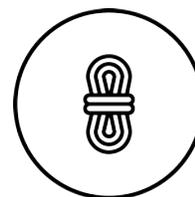
Floor Markers



Hoops



Cones



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Follow the Leader -Activity Card #11 or Walk Tall -Activity Card #14

Side Stepping -Activity Card #15 or Heavy Feet, Light Feet -Activity Card #12

Run and Carry -Activity Card #17 or Sticky Arms -Activity Card #13

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Follow the Leader -Activity Card #11



Wrap-Up/Discussion

What was your favorite thing you did today?

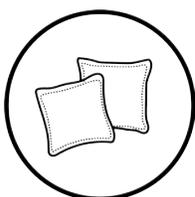
WEEK 3 LESSON B: WALKING AND RUNNING



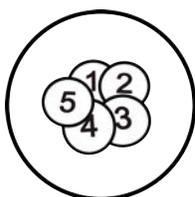
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, responsible decision-making and relationship skills.

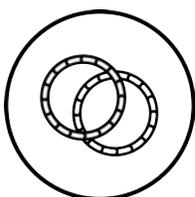
Supplies/Resources Needed



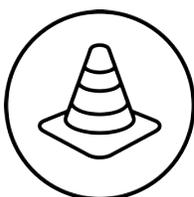
Bean Bags



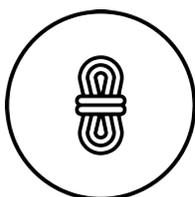
Floor
Markers



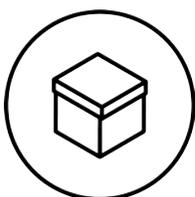
Hoops



Cones



Rope



Boxes

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Follow the Leader -Activity Card #11 or Walk Tall -Activity Card #14

Side Stepping -Activity Card #15 or Heavy Feet, Light Feet -Activity Card #12

Run and Carry -Activity Card #17 or Sticky Arms -Activity Card #13

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs -Activity Card #3

Large Group Activity: Follow the Leader -Activity Card #11



Wrap-Up/Discussion

What was your favorite thing you did today?

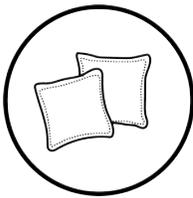
WEEK 4 LESSON A&B: WALKING AND RUNNING REVIEW



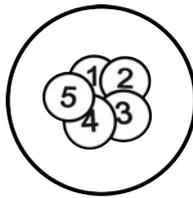
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, responsible decision-making and relationship skills.

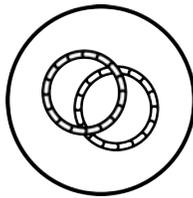
Supplies/Resources Needed



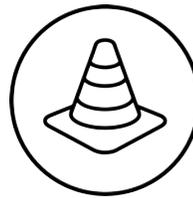
Bean Bags



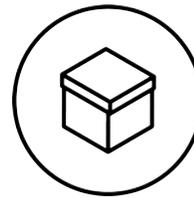
Floor Markers



Hoops



Cones



Boxes

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Follow the Leader -Activity Card #11 or Walk Tall -Activity Card #14

Side Stepping -Activity Card #15 or Heavy Feet, Light Feet -Activity Card #12

Run and Carry -Activity Card #17 or Sticky Arms -Activity Card #13

Activity: Group (10 to 15 minutes, choose 2 each day)

Line Tag (No activity card, see appendix)*

Musical Markers -Activity Card #4

Future Skaters -Activity Card #18

Red light/Green light



Wrap-Up/Discussion

What was your favorite thing you did today?

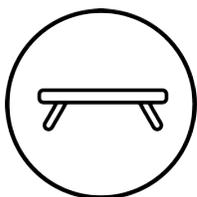
WEEK 5 LESSON A: BALANCE AND JUMPING



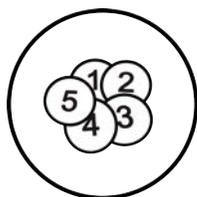
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets balance and jumping skills, as well as self-awareness, self-management, responsible decision-making and relationship skills.

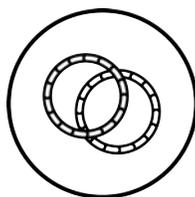
Supplies/Resources Needed



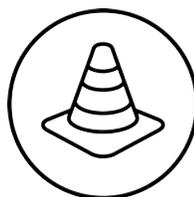
Balance Beam



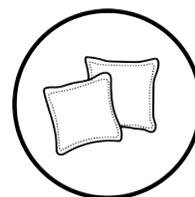
Floor Markers



Hoops



Cones



Bean Bags

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Balance Beam - Activity Card #23

Rock Hop - Activity Cards #25

Step, Jump and Grab or Jumping High - Activity Cards #21 and #22

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Follow the Coach - Activity Card #20



Wrap-Up/Discussion

What was your favorite thing you did today?

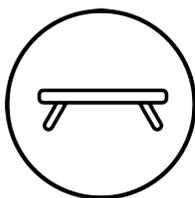
WEEK 5 LESSON B: BALANCE AND JUMPING



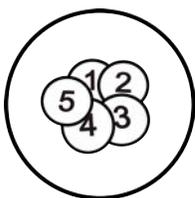
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets walking and running skills, as well as self-awareness, social awareness, self-management, and relationship skills.

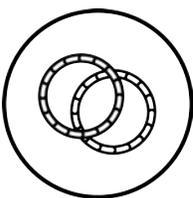
Supplies/Resources Needed



Balance Beam



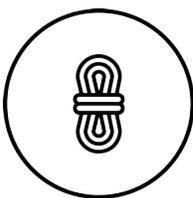
Floor Markers



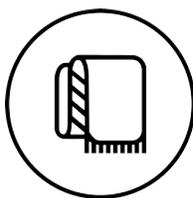
Hoops



Cones



Rope



Scarf

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Balance Beam - Activity Card #23

Rock Hop - Activity Cards #25

Step, Jump and Grab or Jumping High - Activity Cards #21 and #22

Leaping Lizards -Activity Card #24

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Trees in the Forest -Activity Card #26



Wrap-Up/Discussion

What was your favorite thing you did today?

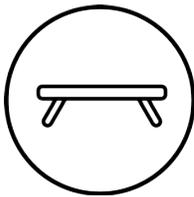
WEEK 6 LESSONS A&B: BALANCE AND JUMPING REVIEW



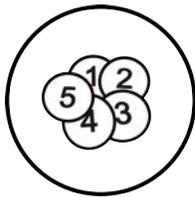
Lesson Objectives

This lesson, which will be repeated 1-3 times each, targets walking and running skills, as well as self-awareness, social awareness, self-management, and relationship skills.

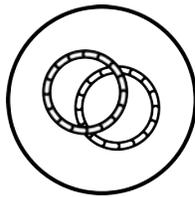
Supplies/Resources Needed



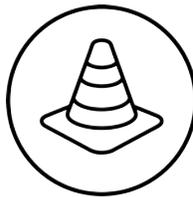
Balance Beam



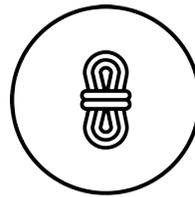
Floor Markers



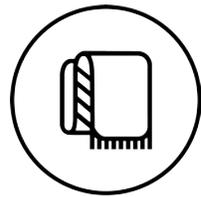
Hoops



Cones



Rope



Scarf

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Balance Beam - Activity Card #23

Rock Hop - Activity Cards #25

Step, Jump and Grab or Jumping High - Activity Cards #21 and #22

Leaping Lizards -Activity Card #24

Activity: Group (10 to 15 minutes, choose 2 each day)

Trees in the Forest -Activity Card #26

Hopscotch (No activity card, see appendix)*

Balance Spot Challenge (No activity card, see appendix)*

Follow the Coach -Activity Card #20



Wrap-Up/Discussion

What was your favorite thing you did today?

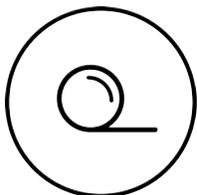
WEEK 7 LESSON A: TRAPPING AND CATCHING



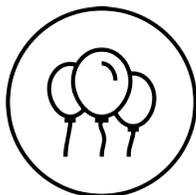
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets trapping and catching, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

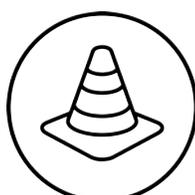
Supplies/Resources Needed



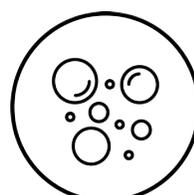
Balls



Balloons



Cones



Bubbles

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Goalie Drill - Activity Card #32

Big Ball Catch or High Ball Catch or Bounce Catch - Activity Cards #31, #29 and #27

Bubble Catch - Activity Card #30

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Rolling and Trapping - Activity Card #34



Wrap-Up/Discussion

What was your favorite thing you did today?

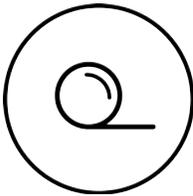
WEEK 7 LESSON B: TRAPPING AND CATCHING



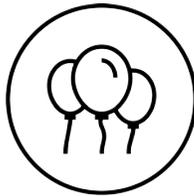
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets trapping and catching, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

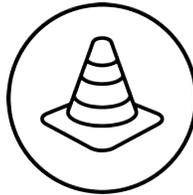
Supplies/Resources Needed



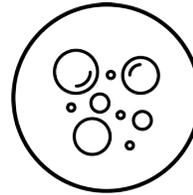
Balls



Balloons



Cones



Bubbles

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Goalie Drill - Activity Card #32

Big Ball Catch or High Ball Catch or Bounce Catch - Activity Cards #31, #29 and #27

Bubble Catch - Activity Card #30

Low Bubble Catch -Activity Card #28

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Circle Ball -Activity Card #33



Wrap-Up/Discussion

What was your favorite thing you did today?

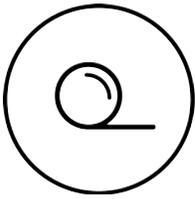
WEEK 8 LESSONS A&B: TRAPPING AND CATCHING REVIEW



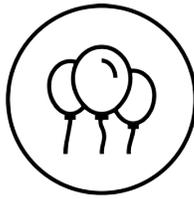
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets trapping and catching, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

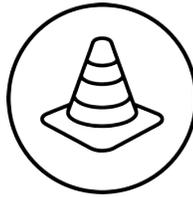
Supplies/Resources Needed



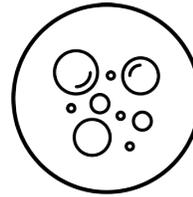
Balls



Balloons



Cones



Bubbles

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Goalie Drill - Activity Card #32

Big Ball Catch or High Ball Catch or Bounce Catch - Activity Cards #31, #29 and #27

Bubble Catch - Activity Card #30

Low Bubble Catch -Activity Card #28

Activity: Group Games (10 to 15 minutes, choose 2 each day)

Circle Ball -Activity Card #33

Rolling and Trapping -Activity Card #34

Fill the Bucket (No Activity Card, see Appendix)*

Hoop Game (No Activity Card, see Appendix)*



Wrap-Up/Discussion

What was your favorite thing you did today?

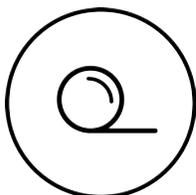
WEEK 9 LESSON A: THROWING



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

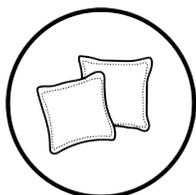
Supplies/Resources Needed



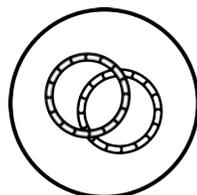
Balls



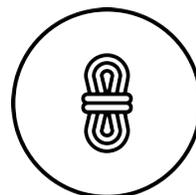
Cones



Bean Bags



Hoops



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

One and Two Hands Underhand Toss - Activity Cards #37 and #38

One and Two Hands Overhand Throw - Activity Cards #39 and #40

Bowling - Activity Card #35

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #40

Large Group Activity: Train Tunnel- Activity Card #42



Wrap-Up/Discussion

What was your favorite thing you did today?

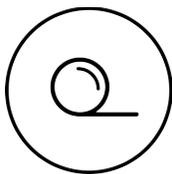
WEEK 9 LESSON B: THROWING



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

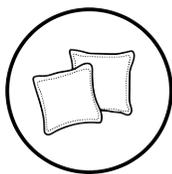
Supplies/Resources Needed



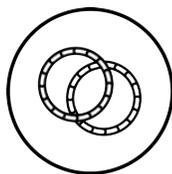
Balls



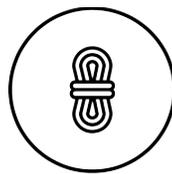
Cones



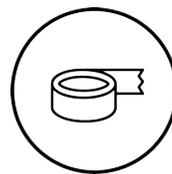
Bean Bags



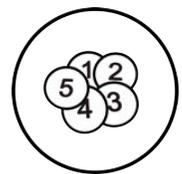
Hoops



Rope



Tape



Floor
Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

One and Two Hands Underhand Toss - Activity Cards #37 and #38

One and Two Hands Overhand Throw - Activity Cards #39 and #40

Bowling - Activity Card #35

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Target Practice/Shoot to Score Basketball -Activity Cards #41 and #36



Wrap-Up/Discussion

What was your favorite thing you did today?

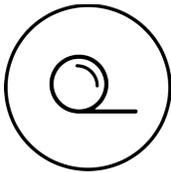
WEEK 10 LESSONS A&B: THROWING REVIEW



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets throwing, as well as self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.

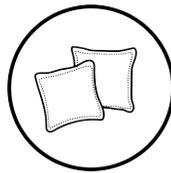
Supplies/Resources Needed



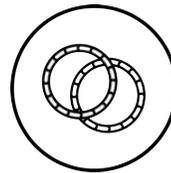
Balls



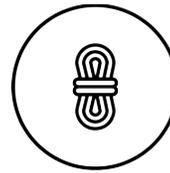
Cones



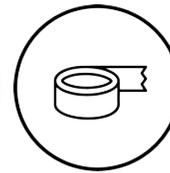
Bean Bags



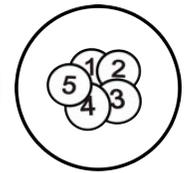
Hoops



Rope



Tape



Floor
Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

One and Two Hands Underhand Toss - Activity Cards #37 and #38

One and Two Hands Overhand Throw - Activity Cards #39 and #40

Bowling - Activity Card #35

Activity: Group Games (10 to 15 minutes, choose 2 each day)

Train Tunnel -Activity Card #42

Shoot to Score Basketball -Activity Card #36

Target Practice -Activity Card #41 (vary targets and distances)

Clean Out Your Backyard (no Activity Card, see Appendix)*



Wrap-Up/Discussion

What was your favorite thing you did today?

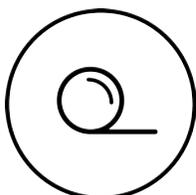
WEEK 11 LESSON A: STRIKING



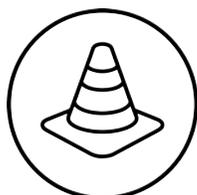
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets striking, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

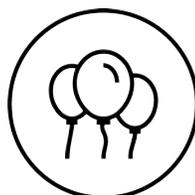
Supplies/Resources Needed



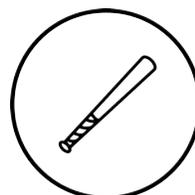
Balls



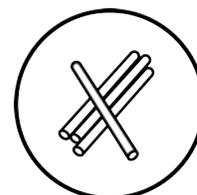
Cones



Balloon



Bat



Dowel

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. " Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Handball - Activity Card #47

Ball Tap - Activity Card #46

Side Striking/Intermediate Tennis or Softball - Activity Card #44

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Beginning Floorball or Golf -Activity Card #45



Wrap-Up/Discussion

What was your favorite thing you did today?

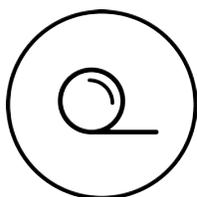
WEEK 11 LESSON B: STRIKING



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets striking, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

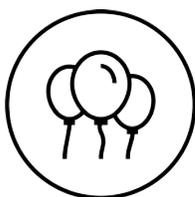
Supplies/Resources Needed



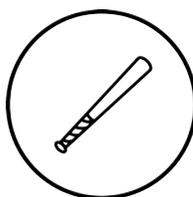
Balls



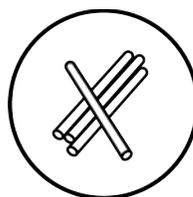
Cones



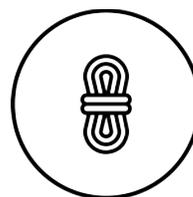
Balloon



Bat



Dowel



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Handball - Activity Card #47

Ball Tap - Activity Card #46

Side Striking/Intermediate Tennis or Softball - Activity Card #44

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Beginning Volleyball - Activity Card #43



Wrap-Up/Discussion

What was your favorite thing you did today?

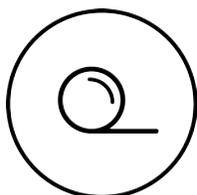
WEEK 12 LESSON A&B: STRIKING REVIEW



Lesson Objectives

This lesson, which will be repeated 1-3 times each, targets striking, as well as self-awareness, self-management, responsible decision-making, and relationship skills.

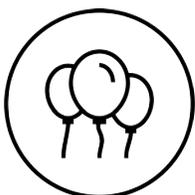
Supplies/Resources Needed



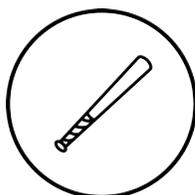
Balls



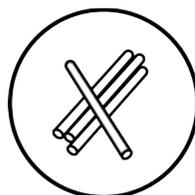
Cones



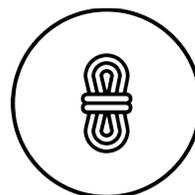
Balloon



Bat



Dowel



Rope

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Handball - Activity Card #47

Ball Tap - Activity Card #46

Side Striking/Intermediate Tennis or Softball - Activity Card #44

Activity: Group Games (10 to 15 minutes, choose 2 each day)

Beginning Floorball or Golf - Activity Card #45

Beginning Volleyball - Activity Card #43

Side Striking/Intermediate Tennis or Softball "Group Play" - Activity Card #44

Cookie Jar (No Activity Card, See Appendix)*



Wrap-Up/Discussion

What was your favorite thing you did today?

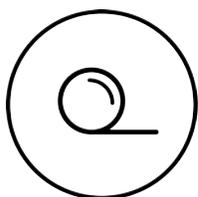
WEEK 13 LESSON A: KICKING



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets kicking, as well as social awareness, self-management, responsible decision-making, and relationship skills.

Supplies/Resources Needed



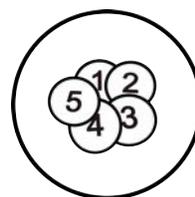
Balls



Cones



Rope



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes each)

Stationary Ball Kick or Penalty Kick- Activity Cards #51 and #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Three Pin Bowling - Activity Card #53



Wrap-Up/Discussion

What was your favorite thing you did today?

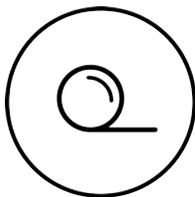
WEEK 13 LESSON B: KICKING



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets kicking, as well as social awareness, self-management, responsible decision-making, and relationship skills.

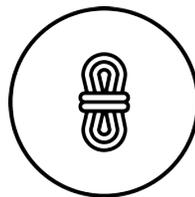
Supplies/Resources Needed



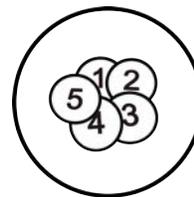
Balls



Cones or Pins



Rope



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Stationary Ball Kick or Penalty Kick - Activity Cards #51 and #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Pinball or Cone Dribble - Activity Cards #49 and #52



Wrap-Up/Discussion

What was your favorite thing you did today?

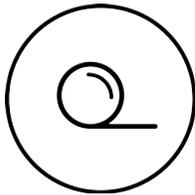
WEEK 14 LESSONS A&B: KICKING REVIEW



Lesson Objectives

This lesson, which will be repeated 1-3 times each, targets kicking, as well as social awareness, self-management, responsible decision-making, and relationship skills.

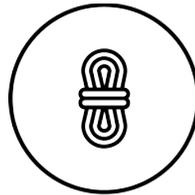
Supplies/Resources Needed



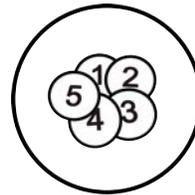
Balls



Cones or Pins



Rope



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Stationary Ball Kick or Penalty Kick- Activity Cards #51 and #54

Passing Practice - Activity Card #48

Give and Go - Activity Card #50

Activity: Group Games (10 to 15 minutes, choose 2 each day)

3 Pin Bowling - Activity Card #53

Pinball - Activity Card #49

Clean Out Your Backyard (No Activity Card, see Appendix)*

Relay Races (No Activity Card, see Appendix)*



Wrap-Up/Discussion

What was your favorite thing you did today?

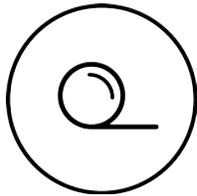
WEEK 15 LESSON A: ADVANCED SKILLS



Lesson Objectives

This lesson, which will be repeated 1-3 times, targets advanced skills, as well as social awareness, self-awareness, self-management, responsible decision-making, and relationship skills.

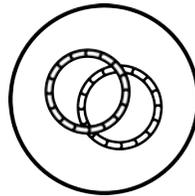
Supplies/Resources Needed



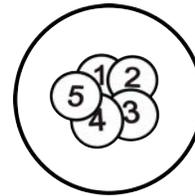
Balls



Cones



Hoops



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Stations (5 to 8 minutes)

Punting- Activity Card #59

Galloping or Skipping - Activity Cards #58 and #57

Football (Stand, Roll, & Trap, 2 on 1, 1 on 1) - Activity Cards #55, #60 and #56

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Basketball (Dribble, Pass and Shoot, Dribble and Shoot) - Activity Cards #61, #62, #63



Wrap-Up/Discussion

What was your favorite thing you did today?

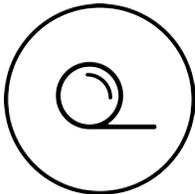
WEEK 15 LESSON B: ADVANCED SKILLS



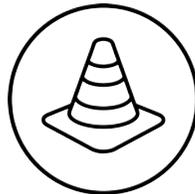
Lesson Objectives

This lesson, which will be repeated 1-3 times, targets advanced skills, as well as social awareness, self-awareness, self-management, responsible decision-making, and relationship skills.

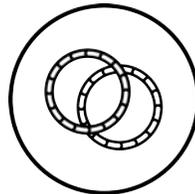
Supplies/Resources Needed



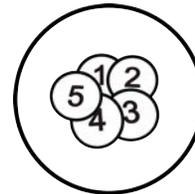
Balls



Cones



Hoops



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Obstacle Course (10 to 15 minutes)

Punting- Activity Card #59

Galloping or Skipping - Activity Cards #58 and #57

Football (Stand, Roll, & Trap, 2 on 1, 1 on 1) - Activity Cards #55, #60 and #56

Activity: Group (5 to 8 minutes each)

Regroup Activity: Children's Songs - Activity Card #3

Large Group Activity: Softball(Run the Bases) - Activity Card #64



Wrap-Up/Discussion

What was your favorite thing you did today?

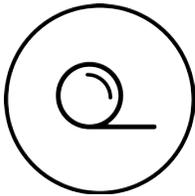
WEEK 16 LESSON A&B: ADVANCED SKILLS REVIEW



Lesson Objectives

This lesson, which will be repeated 1-3 times each, targets advanced skills, as well as social awareness, self-awareness, self-management, responsible decision-making, and relationship skills.

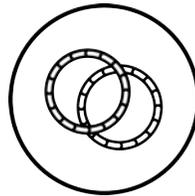
Supplies/Resources Needed



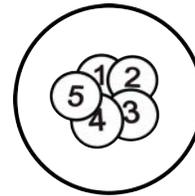
Balls



Cones



Hoops



Floor Markers

Warm-Up (5 to 8 minutes)

Repeat the song for each student, sung to the same tune as The Farmer in the Dell. "Nora is here today, Nora is here today. Let's clap our hands and stomp our feet 'cause Nora 's here today." No activity card required for this.

Pizza Stretch, roll out the dough, put on the sauce, add toppings, put it in the oven and share with our new friends on each side. No activity card required. Stretch can be found [here](#).

Activity: Review of Skills (Choose 1-2)

Punting- Activity Card #59

Galloping or Skipping - Activity Cards #58 and #57

Football (Stand, Roll, & Trap, 2 on 1, 1 on 1) - Activity Cards #55, #60 and #56

Activity: Group Games (10 to 15 minutes, choose 2 each day)

Choose any game skill games from previous lessons that you have enjoyed doing as a class.



Wrap-Up/Discussion

What was your favorite thing you did today?

APPENDIX



Activities Listed

- Line Tag
- Red light/Green light
- Hopscotch
- Balance Spot Challenge
- Fill the Bucket
- Hoop Game
- Cookie Jar
- Clean Out Your Backyard
- Relay Races

Line Tag:

All children stay on the lines, instructor calls out how students should move (heavy feet, light feet, walk tall, sticky arms....), rotate taggers

Red Light/Green Light:

Students line up on one end of the gym, leader calls out green for go and red for stop. Goal is to reach the other end of the gym. Use all of previous walk or run skills. Students must stop on red or have to start over.

Hopscotch:

Tape off a traditional hopscotch board or create your own pattern, ask students to use different patterns

Balance Spot Challenge:

Have students practice balancing on different body parts, hands, elbows, back, feet, knees, bottoms. Example: "Can you balance on 2 feet and 1 hand?" Variation- Have students make up their own balances.

Fill the Bucket:

Toss and catch to self or to a partner, if catch = put in bucket, see how many you/your class can get! Equipment: Bucket, Manipulatives for students to catch (2+ per student)

Hoop Game:

Line up enough hoops for each 2 students in your class, each hoop has a different object for students to throw/catch/trap, students rotate when directed practicing skills with a partner. Equipment: Hoops (1 for every 2 students), manipulatives for students to throw/catch/trap (1 per Hoop)

APPENDIX CONTINUED

Cookie Jar:

Students are in groups of 2 or more standing on the perimeter of the gym with a Hoop (Cookie Jar) and a stick/plastic dowel, balls (cookies) are placed in the center of the gym. On "go" one student from each group runs to the middle to get a ball (cookie) and dribble it back to their hoop (Cookie Jar)- gives the stick/plastic dowel to the next player...game continues until all the balls (cookies) are gone. Optional, once all the balls in the middle are gone students can "steal" balls from other groups. Equipment: Sticks/Plastic Dowel (one per group) Hoops (one per group), balls/dribbling manipulatives (2+ per person)

Clean Out Your Backyard:

Divide students into 2 teams, one on each side of the gym with cones dividing the space, on "go" students kick balls (garbage) to the other side of the gym. Object is to get all the balls (garbage) out of their side of the gym (yard). Equipment: Cones, soft manipulatives for kicking (2+ per person)

Relay Races:

Students line up in groups, person in front has the ball and dribbles down to the other end of the gym and back- gives the ball to the next player in line. Play continues until all students have taken a turn. For a challenge you could have students dribble around cones/obstacles and or dribble down/shoot on a goal, dribble back. Equipment: Cones, manipulatives for kicking (1 per group)



Special Olympics Unified Schools

The contents of this "Special Olympics Minnesota Unified Schools Young Athletes Guide" were developed under generous funding from the US Department of Education, #H380W150001 and #H380W160001. However, those contents do not necessarily represent the policy of the US Department of Education, and one should not assume endorsement by the Federal Government.

