

General Example of a class: #1

Age: 4-5 Years Old

Sport: Basketball

60-50 Minutes

Check In/ Warm Up- Simon Says/Introduction of Sport

50-30 Minutes

Skill Work/Drills that pertain to the skills

- *Shooting*

Instructors show children correct way to shoot the basketball in terms that they can understand.

Children will then practice this skill in various drills designed for children this age.

- *Passing*

Instructors will demonstrate and children will practice skill.

- *Dribbling*

Instructors will demonstrate and children will practice skill.

Drink Break

30-15 Minutes

Fun games revolving around basketball and the skills the children practiced.

Example: Red Light Green Light dribbling the ball.

Monkey in the Middle with passing balls.

15-5 Minutes

Stretch

The instructors will lead the children in stretching out their muscles and a cool down game for the body.

Example of game: Follow the Leader

5-0 Minutes

Free Time with the sports equipment. Instructor roams the area to help children out with skills or to participate in game play.