



Rutland Recreation Prek Program Curriculum

When you arrive, take out dodgeballs and soccer balls and let the kids play before everyone gets there.

Check kids in as they arrive so you know who is there when you start the class. Be social, socialize with the kids as well as parents and be ENTHUSIASTIC!!

When you are ready to start blow the whistle and say everyone needs to help put the balls away.

Set up a circle of cones, tell the kids to sit next to a cone, each kid has a cone.

Start by reintroducing yourself, see if the kids remember your name, that is important that they do. You need to make sure these kids can identify you.

Go through attendance list and call the names ^{that} ~~they~~ you have already checked off and then ask if you missed anyone.

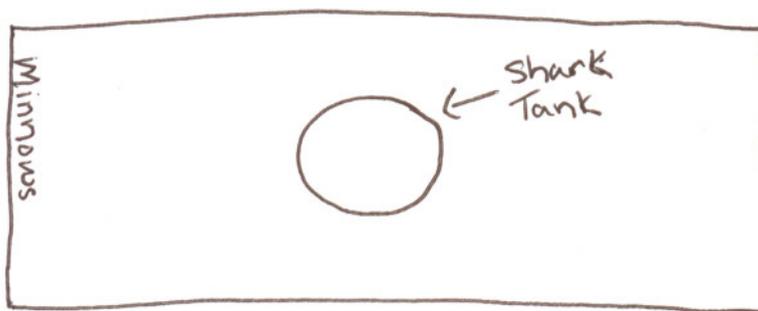
***Stretch and Run (every class) always start with 10 Jumping Jacks**

Stretching ideas: butterfly stretches, arm circles, leg stretches on the ground

Running ideas: butt kicks, shuffles, high knees, sprints, best dance, frog jumps, backwards run/walk

Sharks and Minnows

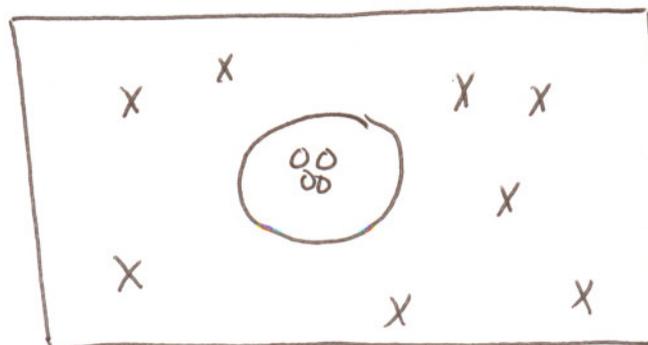
Have the children line up against the wall, chose 1 or 2 kids to be the sharks; the sharks start in the middle of the gym. Yell out “minnows are you ready!!!!” then yell out “Sharks are you hungry?!?!” make sure you get a loud response from the kids before you continue - blow the whistle and the minnows have to run across the gym without getting tagged by a shark – if tagged they meet in the middle with a coach and they are now sharks



Asteroid Ball

Have 3 or 4 kids start in the middle of the gym with dodgeballs – have all the dodgeballs touching making one huge asteroid. The rest of the kids are walking/running around the gym...count down 5,4,3,2,1 and have the asteroids break away. The object is to have the asteroids tag as many people as they can in 2 minutes. If the planets (everyone else without a dodgeball) gets hit – they must raise their hand and the only way they get back into the game is if they get a high five from another planet!!!!!! Let everyone have a chance to play as an asteroid (at the end you can do parents vs. kids)

O = asteroids
X = Planet



Clean out the backyard

Divide the gym into two halves. Put out ALL the soccer and dodgeballs and spread them over the gym. The object is to have the least amount of balls on your half of the gym at the end of 1 minute, play a few times. You can't cross onto the other teams side and everyone has to work together to have the cleanest backyard! Kick the soccer balls and kick/throw the dodgeballs!!!

Dodgeball

Enforce rules in the beginning, let them know it doesn't hurt if you get hit in the head with the ball – its like a sponge. Parents vs. kids, coaches vs. kids, just make sure they know not to go onto the other teams side. Also, if that doesn't work – just have them run around trying to hit you guys or their parents – if you get hit you have to do 5 jumping jacks – same with parents!!!!!!!!!!!!!!

Body Part Game

Everyone gets their own ball, doesn't matter if it's a dodgeball or soccer ball. They have to dribble the ball around until you blow the whistle – once you blow the whistle you must say....."put you head on the ball, put your head on the ball" and replace head with another body part next time. YOU MUST REPEAT IT AT LEAST TWICE!!! If you are not enthusiastic with this game, don't bother – you need to really be excited and energetic – parents love to watch this game and it actually is a lot of fun! (head, feet, belly, back, take a nap on the ball, armpit, shoulder....to name a few)

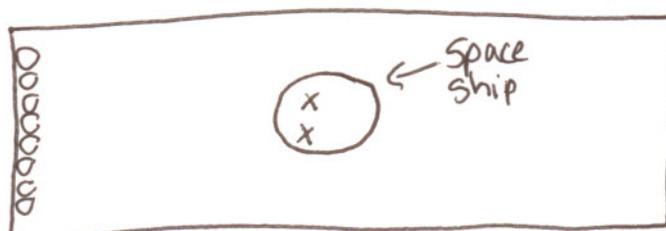
Space Invaders

- Set up a circle of cones in the middle of the floor
- The aliens will be all the kids and they will be lined up on one side of the gym
- To start coaches will be the astronauts, they will be inside the circle or the Spaceship

Objective: Aliens will need to get to the other side of the gym but they must put at least one foot inside the spaceship without getting tagged. They have 10 seconds to do so. If alien is tagged then the alien becomes an astronaut. Astronauts are not allowed to leave the space ship. Have at least one coach be an alien with the kids to show them the correct way.

Encourage parents to play.

x = astronauts
o = Aliens



Scatter Ball

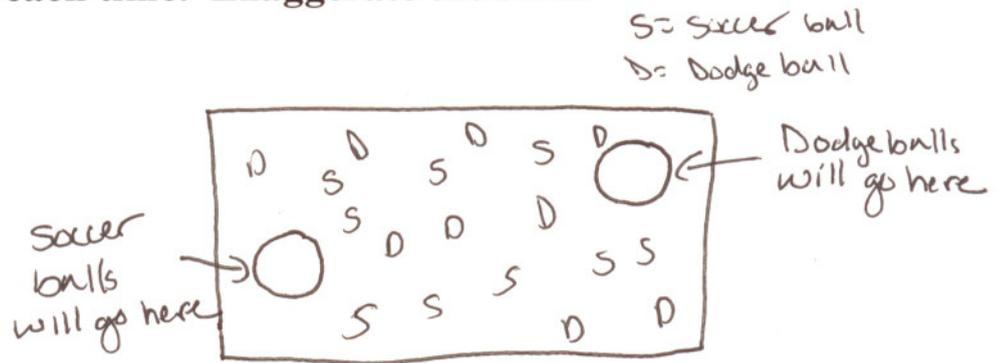
- Place cones at random spots in the gym enough cones for every kid
- Each child receives either a dodgeball or soccer ball, does not matter which

Objective: Kids have to dribble their ball with their feet around the gym until they hear a whistle. After whistle, they have to pick up their ball and sit next to the closet cone. After first round take a cone away so for example 11 kids and 10 cones. Next round the child that does not have a cone after the whistle must do 5 jumping jacks to play the next round. You will probably lose some interest in the game after about 10 minutes. So then when the kids are dribbling pick up all the cones and then blow the whistle, no cones means everyone does jumping jacks. Break for a drink.

Scavenger Hunt

- Make 2 circles on opposite ends of the gym with the cones.
- Scatter all the balls you have around the gym

Objective: Kids will have to separate the balls, dodgeballs in one circle and soccer balls in another. Give them a goal, make up a record time they have to do it in. Usually you can get about 3 rounds out of this. The record should be something they can beat each time. Exaggerate the time.



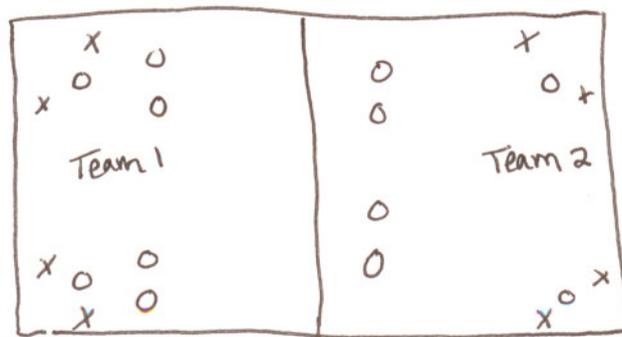
4 Corner Soccer

- Set up 4 goals, usually in the corners of the gym
- Use 3 different balls make sure they are different colors.
- Assign point values to each ball

Objective: 2 teams will have to try and score on 2 goals.

Goalies are optional. When someone scores the game does not stop just keep playing. Try 3, 5 minute periods, doesn't have to be exact grab a quick drink in between each one. Even try kids vs. parents

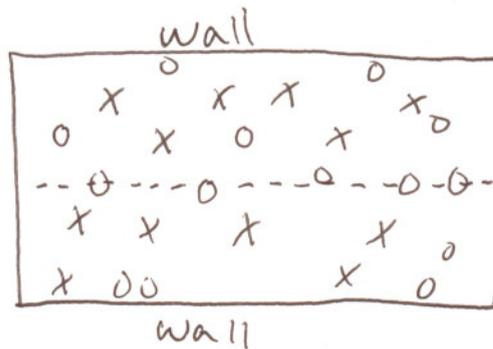
x = cones/goals
O = Kids



Wall Ball

- Set up cones to divide the gym in half, the short way
- Dump out all the balls

Objective: 2 teams will play against each other and try to hit the other teams wall by throwing, kicking or rolling a ball onto the other side. Make up point values. There will be so many points scored, just make up a number at the end of the round. Give each team a goal to beat ie, 100 pts, next round increase goal etc.

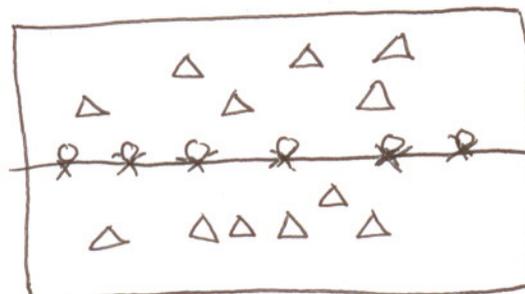


X = kids example
O = balls

Get Off My Fence!

- Set up cones to divide the gym in half the short way
- Set boundaries the kids can not cross
- Place dodgeballs on top of the cones, make sure you leave some off the cones for you to use in the game.

Objective: One team on each side of the gym. Use extra dodgeballs and soccer balls and kids will try and have to roll the balls and knock the dodgeballs off the cones. When they knock them off coaches will place them back on. Give them 2 minutes to see how many they can knock off. Make a goal ie "The most I have ever seen is 15 in 2 minutes" Make up whatever you think they can handle.



X = cones
O = Dodgeballs
△ = kids