

Wide World of Sports (Multi-Week Series) with David 🏆

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Learning about different sports (basketball, soccer, football, track and field, etc.) and learning skills within each sport

Lesson Ideas

Lesson Title

Wide World of Sports (Multi-Week Series)

Duration

1 Hour

Lesson Plan

1. Introduction (10 minutes)

- Welcome the students and explain the topic for the day.
- Briefly introduce the sports to be covered: basketball, soccer, football, and track and field.
- Ask students to share if they have played any of these sports, and discuss their experiences.

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2. Basketball Skills (10 minutes)

- Demonstrate dribbling and shooting techniques.
- Organize a simple dribbling relay race.

3. Soccer Skills (10 minutes)

- Show basic techniques for dribbling and passing.
- Pair up students to practice passing skills with a partner.

4. Football Skills (10 minutes)

- Introduce throwing and catching techniques.
- Organize a mini game of catch.

5. Track and Field Basics (10 minutes)

- Explain different track and field events.
- Allow students to practice a short sprint or standing long jump.

6. Wrap-Up and Discussion (10 minutes)

- Recap what was learned about each sport.
- Encourage students to share which sport they enjoyed the most and why.
- Discuss what sports will be covered in future sessions.

Materials List

- Basketballs
- Soccer balls
- Footballs
- Cones or markers for relays and drills
- Whistle for signaling

Adaptations for Different Ages

- Younger kids: Use lighter balls and simplify instructions. Include more visually engaging demonstrations and games.
- Older kids: Increase the complexity of drills (e.g., adding defensive elements), and introduce more advanced skills and strategies for each sport.

Movement Break

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- Simon Says: Use sports-related movements such as 'dribble like a basketball player' or 'run like a track star' to keep the kids active and engaged.

Bonus Activities

- Create a "Sports Passport" where students collect stickers or stamps for each sport they try.
- Introduce sports trivia about famous athletes or historical moments in each sport to enhance engagement.

Series Outline

****1. Introduction to Sports****

- Discuss the history and importance of sports in different cultures.
- Create a class sports map, pinning countries and the sports they are known for.
- Have students share their favorite sports or a sport they want to learn about.

****2. Basketball Basics****

- Introduce the rules and objectives of basketball.
- Conduct dribbling and passing drills in a gym or outdoor space.
- Organize a mini 3 vs 3 basketball game.

****3. Soccer Skills****

- Discuss key soccer skills and positions on the field.
- Practice dribbling, passing, and shooting drills.
- Set up a small-sided game and focus on teamwork.

****4. American Football Fundamentals****

- Explain the basics of American football and its key positions.
- Teach throwing and catching techniques using soft footballs.
- Create a flag football game to understand game strategy.

****5. Exploring Track and Field****

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- Introduce various track and field events (sprints, long jump, shot put).
- Set up a mini track meet with different stations for each event.
- Invite a local athlete to talk about their experience in track and field.

****6. Gymnastics Fun****

- Explore basic gymnastics moves like rolls, handstands, and cartwheels.
- Watch a video of a gymnastics competition to inspire students.
- Organize a simple gymnastics routine challenge.

****7. Understanding Baseball/Softball****

- Teach the rules and basic positions in baseball/softball.
- Focus on hitting, fielding, and base running skills with drills.
- Host a friendly game incorporating the skills learned.

****8. Introduction to Tennis****

- Explain the equipment and rules of tennis.
- Practice serving and rallying against a wall or with partners.
- Set up a mini-tournament, emphasizing sportsmanship.

****9. Swimming and Water Safety****

- Discuss the importance of water safety and swimming basics.
- Set up dryland swimming simulations and breathing exercises.
- Invite a swimming instructor for a demonstration session.

****10. Sport Wrap-Up and Team-building Activities****

- Revisit each sport briefly and discuss what was learned.
- Organize a sports quiz competition with mixed sport-related questions.
- Plan a field day incorporating various sports studied with fun, team-building activities.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

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Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

