

LOCATION: Camp	NUMBER AND AGE OF CHILDREN: 6-10 children, 8-12 years old	DATE: 30/05/2018
NUMBER OF THE LESSON: X	LEADER(S): Expert	DURATION: 65 minutes
CONTENT		
	Football dribbling = respect (level 1) Flag football = effort (level 2) Football game = goal setting (level 3)	
GOALS		
	PHYSICAL ACTIVITY GOAL Children learn to better control the ball with their feet LIFE SKILL GOALS Respect – Everybody focus on their own performance and do not interrupt others Effort – Everyone participates even if the game is new/difficult/unpleasant Goal setting – Each team sets an outcome goal and a performance goal for their team	
WORK DISTRIBUTION		
	Expert will lead the lesson alone	
CONDITIONS		
	Outside court	
EQUIPMENT		
	<ul style="list-style-type: none"> ➤ one football for every child ➤ one vest for every child ➤ 12 cones ➤ 2 goals (if available) 	
AWARENESS TALK		
5 minutes	INVITE INPUT FROM THE CHILDREN <ul style="list-style-type: none"> ➤ Ask children what they did during the weekend. PURPOSE OF THE LESSON <ul style="list-style-type: none"> ➤ Tell children this is a physical activity lesson but the TPSR model will be integrated in it. LIFE SKILLS INTRO <ul style="list-style-type: none"> ➤ There are a lot of skills that we need in our everyday life to solve problems and to achieve things. These skills are called life skills. ➤ Life skills can be practiced just like dribbling a football but life skills we can also use in other areas of life such as school or home. ➤ There are lots of different life skills but today we are going to practice just a few. CONTENT AND GOALS OF THE LESSON (from the above section)	

PHYSICAL ACTIVITY

10 minutes

WARM-UP: FORMULA 1

- Give every child one cone and ask them to make a circle in the middle of the court so that there is room to go around the circle

- Rules:
 - First comes warm-up laps where children can dribble the ball whichever way they want counter clockwise around the cones (without bumping into anything)

PAY ATTENTION: Is everyone focusing on their own performance and not interrupting others? Compliment. Encourage.

REMIND children about the goal during the activity: Take a good care of your car. Don't crash it. Focus on your own dribbling.

STOP THE PRACTICE AND ASK everyone to reflect on how well they focused on their performance and whether or not they interrupted others on purpose.

- Formula start: two next to each other
- When whistled, everybody start dribbling around the cones counter clockwise
- Passing another child is allowed but bumping into someone or cutting in front of them is forbidden
- When the children hear different cue words, they have to perform different tasks

PAY ATTENTION: Is everyone focusing on their own performance and not interrupting others? Compliment. Encourage.

- Cue words/cone:
 - 200 = dribble average speed (jogging with the ball)
 - 400 (km/h) = dribble as fast as you can (run with the ball)
 - 80 = dribble slowly (walk with the ball)
 - Red light (holding a red cone up) = stop
 - Uu = U-turn
 - Rock = lift the ball in the air with your feet
 - Bump = sit on the ball
 - Reverse = dribble backwards

ASK: Were you respectful during this exercise?

Did you focus on your own performance?

Did you intentionally interrupt others?

Why was it important to be respectful in this exercise (what would have happened if everybody were kicking each other's' balls or pushing each other)?

2 minutes

WATER BREAK

- set up cones for the zone and goal areas for the next exercise
- tell children to ask one question from someone they do not know well yet during the water break

20 minutes

EXERCISE 1: FLAG FOOTBALL

- Randomly divide two teams: Team shake application
- Area: whole court that will be divided in 3 equal size zones and additional 2 meters on each end is a goal area
- Rules (show as you explain):
 - Goal = 7 points (or 6 points and a chip to basketball basket if the court has baskets) → a child could be keeping the score and counting the attempts if they cannot participate
 - Scoring a goal:
 - Dribble in the goal area
 - Pass the ball to your teammate who is inside the goal area
 - One team is attacking and the other team is defending
 - The attacking team has 3 attempts to score a goal, if they cannot do it, the other team gets the attacking turn
 - If the defending team steals the ball from the attacking team (by intercepting a pass or taking a ball that an opponent has lost control of), they can continue playing and try to score
 - Ball cannot be stolen from the opponents feet when it is under control (player loses his/her vest if breaking this rule)
 - Every child has a vest hanging from their waist
 - Players try to steal the opponents vests → when the player has no longer a vest hanging from his/her waist, he/she cannot move (during that attempt) but they can receive and pass the ball
 - If the ball touches the wall (or crosses a line if no walls) = - 1 attempt but the attacking team continues from that zone (except if it was already 3rd attempt then the other team gets the ball and can continue from that zone)
 - Every attack (attempt) is started with a backward pass, the attacking team on their side outside of the zone and defending team on their side outside of the zone
 - At the beginning of the game both teams are in their own goal areas and from the whistle the attacking team can start the game
- Rock-paper-scissors to decide who will start to attack

PAY ATTENTION: Are everyone participating and trying? Compliment. Encourage.

REMINDE children about the goal during the activity: How can you participate? Where can you move? Do you want the ball/vests?

STOP THE GAME AND ASK: is everyone participating? Could you participate more or try more? Think about it as a team.

ASK: Was this game difficult/fun?

Did you participate during this exercise?

Did you try your best?

Why was it important to participate and show effort in this exercise (what would have happened if some were not participating and did not show effort)?

THE END

1 minute

How should we end this lesson? Does anyone have any good ideas?