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| **Discovery Club Week 8 – International Games** |
| **Session Objectives** – To introduce the children to a variety of skills and games from around the world.  |
| **Warm Up** –   |
| **Dynamic Stretching** – 5 MinutesPick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. |
| **Main Activity** – 35 Minutes |
| Kickball - America – 15 minutesThe American version of football rounder’s and can be done inside or outside.Set up two cones rather than bases for the younger children. The children kick the ball, run to touch a cone and run back, if they make it back before the bowler receives the ball they get 1 point.Handball – Germany – 20 minutesPlace the children into 4/5 teams depending on numbers.Children now must throw the ball to team mates whilst moving up the pitch. Use end zones rather than goals, if a child catches a ball off their team mate whilst standing in an end zone they get 1 point. |  Coaching PointsExplain and demonstrate how the children will get points and how they will get out. Ways to get out are being caught or being stumped at the cone by a fielder or bowler. If children are out, let them join the back of the line. Each team gets a set period, this to avoid children sitting out for a long period.Arrange the teams equally dependent on age and ability.Reiterate the different ways to throw the ball, over arm, under arm, bounce passes etc.Allocate a time period for each match to ensure that all teams get a chance to play the same amount of games against all of the other teams. |
| **Cool Down and Debrief –** 5 MinutesGet children into a circle and go over a few static stretches. Whilst stretching go over session aims.Ask questions – What have you learnt today?Award a certificate.Dismiss children from designated area.  |

