

EXPLORERS COURSE CONTENT

**4-6
YRS**

6 SPORTS 1 PROGRAM..



TYPICAL EXPLORERS CLASS



FORMAT



MEET & GREET

Children meet & greet their coach & class mates. Class rules & behaviours reinforced.



SPORTS SPECIFIC WARM UP

Sports specific warm up and/or ball skills to kick off the lesson.



SPORTS FOCUSED SKILLS, TECHNIQUE & RULES

Children are introduced to real sporting techniques involved in football, basketball, rugby, tennis, hockey & Cricket.



GAMES FOCUS AND ASPECTS

Children put the sporting skills and rules into a competitive setting by focusing on team or individual games.



PARTY GAMES

Children take part in a fun high energetic game which can be sport specific or non sport specific.



RECAP + GOODBYE

Coach recaps the session and sport by asking technical questions and say their goodbyes

SPORTS COVERED

(AT THIS STAGE WE CONTINUE TO LOOK INTO SPORTING TECHNIQUE AS WELL AS RULES AND GAME ASPECTS)

BASKETBALL



RUGBY



FOOTBALL



TENNIS



CRICKET



HOCKEY



minisport

BASKETBALL

▶ DRIBBLING TECHNIQUE

▶ SHOOTING TECHNIQUES

▶ PASSING AND MOVING

▶ TEAMWORK

▶ MATCH ASPECTS



FOOTBALL

▶ **BALL CONTROL & DRIBBLING**

▶ **PASSING TECHNIQUE**

▶ **SHOOTING TECHNIQUE**

▶ **TEAMWORK & MATCHES**

▶ **DEFENDING & GOALKEEPING**



RUGBY

▶ POINTS SCORING

▶ EVADING OPPONENTS

▶ PASSING TECHNIQUE

▶ TEAMWORK & MATCH
ASPECTS

▶ TAGGING OPPONENTS



TENNIS

▶ RACKET HANDLING

▶ RULES

▶ BALL CONTACT

▶ HITTING TECHNIQUE

▶ THROWING & CATCHING



CRICKET

▶ **THROWING TECHNIQUE**

▶ **SPEED & ACCELERATION**

▶ **CATCHING TECHNIQUE**

▶ **TEAMWORK**

▶ **STRIKING & BATTING**



HOCKEY

▶ **BALL CONTROL & DRIBBLING**

▶ **TEAMWORK & MATCHES**

▶ **SHOOTING ACCURACY**

▶ **GROUND STROKES**

▶ **DEFENDING & GOALKEEPING**



EXPLORERS BALL SKILLS



1

CATCHING

Successfully receiving and securing an object or ball that is thrown toward a person

2

THROWING

Projecting a ball forward towards a target or distance.

3

KICKING

Striking an object or ball with the foot.

4

STRIKING

Using an external instrument to propel a ball forwards.

5

DRIBBLING

To move a ball with their hands and feet whilst keeping close control

6

PASSING

Working on accuracy when throwing or kicking a ball to a teammate

EXPLORERS LOCOMOTIVE SKILLS



**1 LATERAL
MOVEMENTS**

Moving & shuffling from side to side.

2 ACCELERATION

Running with increasing speed

3 AGILITY

The ability to move quickly and easily

4 SKIPPING

Being able to step from one foot to the other with a hop or bounce

5 HOPPING

The ability to move and jump on one leg.

6 EVADING

The ability to change direction at high speed

EXPLORERS SPORTS SKILLS & KNOWLEDGE



1

PRINCIPLES OF PLAY

Understanding the fundamental concepts involved in sports, i.e. **Attack & Defense**

2

SKILLS

Developing specific movement and ball skills relating to each sport

3

TEAMWORK

Learning how to play & work with others as a team