EXPLORERS COURSE CONTENT

4-6 YRS

6 SPORTS 1 PROGRAM...



TYPICAL EXPLORERS CLASS minisport

FORMAT







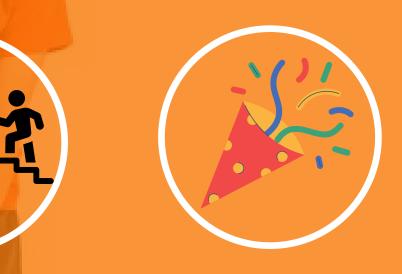
SPORTS

FOCUSED

SKILLS,

TECHNIQUE &

RULES





MEET & GREET

SPORTS SPECIFIC WARM UP **GAMES FOCUS AND ASPECTS**

PARTY GAMES

RECAP + **GOODBYE**

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

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

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

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

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

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

minksport

- 1 CATCHING
- 2 THROWING
- 3 KICKING
- 4 STRIKING
- 5 DRIBBLING
- 6 PASSING

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

Projecting a ball forward towards a target or distance.

Striking an object or ball with the foot.

Using an external instrument to propel a ball forwards.

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

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

EXPLORERS LOCOMOTIVE SKILLS

minksport

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

minisport

- 1 PRINCIPLES OF PLAY
- 2 SKILLS
- 3 TEAMWORK

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

Developing specific movement and ball skills relating to each sport

Learning how to play & work with others as a team