



Special Olympics  
Young Athletes

# Session 6

## SKILLS FOCUS:

- THROWING
- JUMPING
- BALANCE



## Equipment Required:

- An open playing area
- Selection of cones (Green, Red & Orange)
- Spot markers
- Beanbags
- Ribbon balls
- Hula Hoops
- Obstacle course equipment
- Parachute
- PECS Cards (Optional)

This project is being run by **Special Olympics Ireland** in collaboration with the **School of Health and Human Performance in Dublin City University**.

Each Session is  
**45 minutes** in length.

At the end of the session plan you will be asked to **tick off the activities you managed to complete each week.**



**Special  
Olympics**  
Ireland

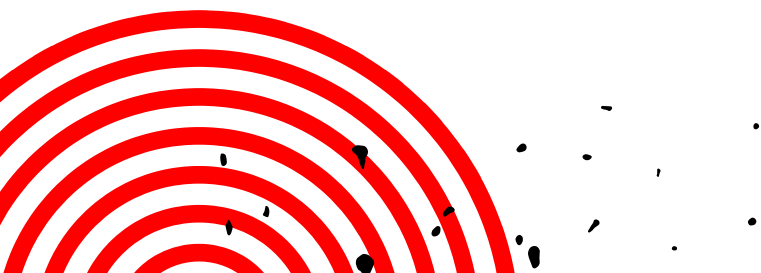


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# Warm Up - Traffic Lights

## Description of Activity

Invite athletes to find a space in a large open playing area where they are not in contact with anyone else. On a signal, athletes move around the playing area in response to the following commands. Coach demonstrates each command.

- Red: Balance on one leg
- Orange: Walk slowly
- Green: Run really fast



## Skills in Focus

Run  
Walk  
Balance

## Duration

5 minutes

## Equipment

- An open playing space
- Green, Orange and Red cones
- PECS cards (Optional)

## Adaptations

- If athletes are struggling to balance on one leg, *change the movement* to walking heel to toe with hands on hips.
- Getting athletes to walk along a line on the floor while performing heel to toe walking might also be helpful.

## Observations

During this activity, look at the athletes movements when they are balancing to see how long they can hold their single leg stand. If athletes are struggling spend a longer amount of time on the balance skill during this game.

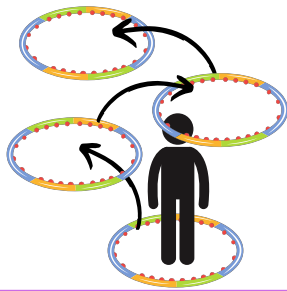
# Jumping over objects - Jumping (Recap week 5)

## Description of Activity

Begin by practicing the technique for a horizontal jump for 2-3 minutes, then continue onto the activity. This activity encourages the athletes to jump over objects of different shapes, sizes and heights, this encourages the kids to calculate the type of jump necessary to complete the task ahead. Set up different stations with the following tasks:

- Jumping over hurdles or pool noodles
- Jumping over balance rocks
- Jumping over tape or a line on the ground
- Jumping from one Hula Hoop to another

Disperse the athletes between the different stations and swap groups so all athletes have an opportunity to try the different jumping challenges.



**Skills in Focus**

Jump

## Duration

10 minutes

## Equipment

- An open playing space
- Hurdles and Cones
- Tape/string / ropes / line on ground
- Hula hoops
- Balance rocks

## Adaptations

- If the tasks are becoming easy for the athletes the coach can increase the heights of hurdles and introduce other equipment to make the activity more challenging.

## Coaching Cues

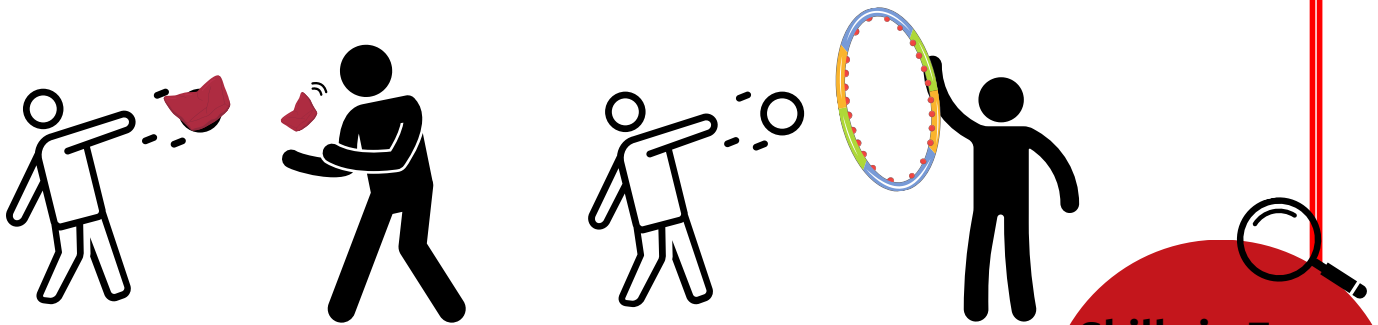
- *Bend knees, arms back and jump* - This encourages athletes to bend their knees and bring their arms back prior to take off. Ideally, the arms will swing up over the head and be forced down with the landing. Both feet should land on the ground at the same time.

# Underarm Pass - Under arm Throwing

## Description of Activity

The coach arranges athletes in groups of 2-3 with one beanbag per group, spread out in the open playing area. Athletes practise throwing the beanbag to each other using the underarm technique. The coach invites the athletes to throw in a variety of different ways e.g. high, low, fast, slowly etc. Athletes can also be paired with a volunteer or parent for this activity.

To challenge the athletes a volunteer or parent can hold up a hula hoop and athletes practise throwing the bean bag through the hula hoop using the underarm throw technique. The volunteer or parent holding the hula hoop can move towards the path of the beanbag to help the throwers to achieve the target.



Skills in Focus  
Throw

## Duration

7 minutes

## Equipment

- An open playing space
- Bean bags
- Hula Hoops
- PECS cards (Optional)

## Variations

- Instead of using bean bags, soft balls can be substituted.
- Move the athletes/ parnters closer together or further away from each other to decrease or increase the difficulty.

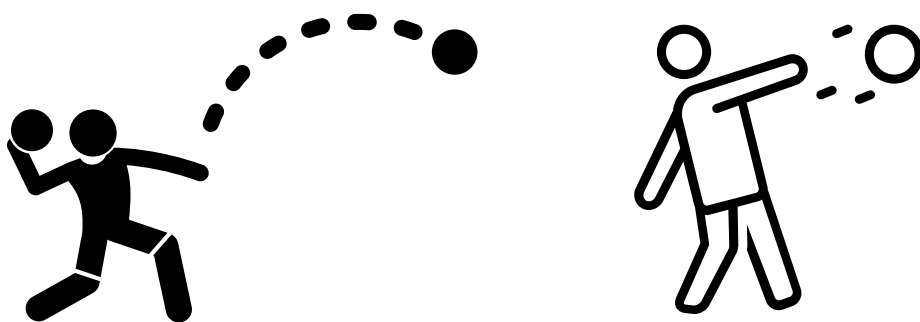
## Coaching Cues

- *Arm back and step* - This cue reinforces the hand swinging back and behind the body and the athlete steps forward with foot opposite throwing hand.
- *Then throw*- Encourages ball to be tossed forward without bouncing and reinforces the hand following through at chest level.

# Target Throw - Overarm Throwing

## Description of Activity

The coach gives each athlete a ribbon ball and lets them practice using the overarm technique to throw the ribbon ball as far as they can for 2-3 minutes. The coach then arranges athletes in groups of 3-4 with a ribbon ball and hula hoop per group. Volunteers help to spread the groups out in the playing area and to place their hoop on the ground in the centre of the group. Athletes stand a small distance back from their hoop and take turns to throw their ribbon ball into the hoop. If they are successful, they can take a step back and throw from there next time. If they are not successful, they have to try again from that distance. Athletes continue throwing to see how many steps away from their hoop they can get with the help of a coach/volunteer/parent.



Skills in Focus  
Throw

## Duration

8 minutes

## Equipment

- An open playing space
- Ribbon Balls
- Hula Hoops
- PECS cards (Optional)

## Variations

- Instead of using ribbon balls, bean bags can be substituted.
- Instead of laying the hula hoop on the ground, ask a volunteer or parent to hold the hula hoop at varying heights for athletes to throw through the hoop.

## Coaching Cues

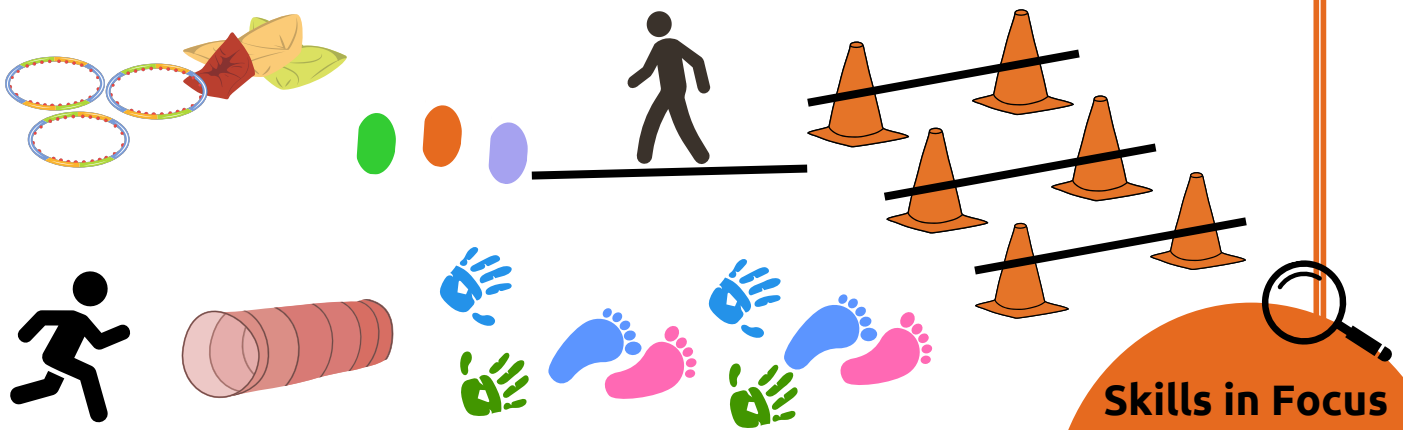
- *Arm back, step and throw* - Encourages athletes to start the movement by bringing their throwing arm down before coming up over the head. The 'step' encourages them to take a step with the foot opposite the throwing hand with the hand following through across the body after release.

# Obstacle Course

## Description of Activity

Athletes take turns to complete the obstacle course which targets and reinforces a range of different fundamental movement skills.

- Run and then crawl through the tunnel
- Bear crawl, matching hands and feet to plastic hands/feet on ground
- Two foot jump over the hurdles. Keep bar low to encourage athletes to jump
- Walk heel to toe on a line for 6 steps with hands on hips
- Balance on stepping stones
- Throw 3 bean bags into hula hoops at the end



### Skills in Focus

Run  
Crawl  
Jump  
Balance  
Throw

## Duration

10 minutes

## Equipment

- An open playing space
- Tunnel
- Hands and Feet
- Hurdles (Cones and poles)
- Balance Beam
- Balance Rocks
- Hula Hoops and Beanbags

## Adaptations

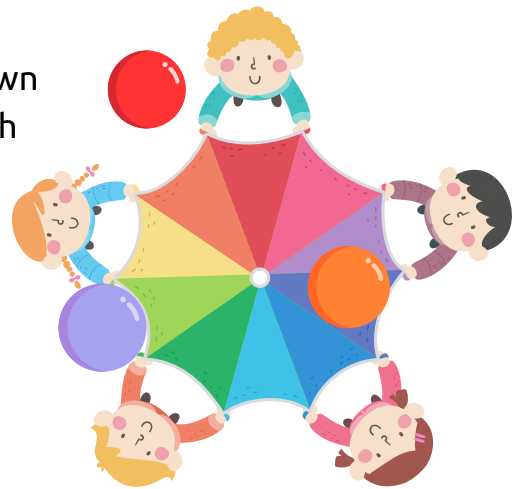
- Use different equipment to make the course easier or more challenging depending on the athletes ability.
- Tell athletes a story as part of the obstacle course, e.g. that they are trekking through the jungle or have landed on another planet that they are exploring.

# Cool Down - Parachute Activity

## Description of Activity

The coach and volunteers open up the parachute and invite athletes to find a space and hold onto the handle. The coach starts by asking athletes to move the parachute slowly up and down, then really fast up and down. This is repeated a couple of times. Volunteers help throw some soft balls into the middle of the parachute and the athletes move the parachute to make the balls fly into the air.

After a few minutes when all of the balls are thrown from the parachute, all the athletes lie underneath and take deep breaths to relax before the session finishes. Volunteers and parents move the parachute gently up and down.



## Duration

5 minutes

## Equipment

- An open playing space
- Parachute
- Soft balls
- PECS cards

## Variations

- *Merry-Go-Round:* Have athletes turn sideways and hold onto handle with their left hand. Everyone walks in a circle to create a merry-go-round. Get athletes to march, skip or hop in a circle.
- *Mushroom:* Have all athletes hold onto the parachute, raise the handle above their heads and then pull it down quickly so everyone is underneath forming a 'mushroom'. Repeat this a few times.



# Session 6

## SKILLS FOCUS:

- THROWING
- JUMPING
- BALANCE



**Please circle the activities you completed in Session 6:**

Warm Up

Jumping Skill

Throwing Skill

Throwing Game

Obstacle Course

Cool Down

## Session Notes

**What went well:**

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**What didn't work as well:**

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**Targets for next session:**

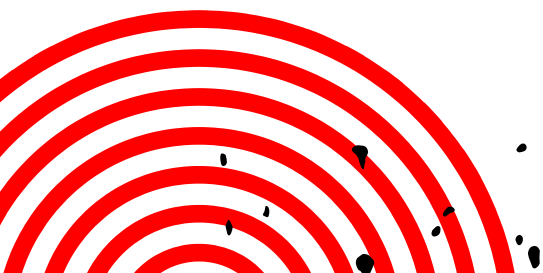
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Special Olympics  
Young Athletes

# Session 6

## VIDEO LINKS



**To view a demonstration of each activity  
and game outlined in Session 6,  
please click on the relevant link below:**

### **Traffic Lights Warm Up video**

<https://drive.google.com/file/d/1EBgR7JCJSpKeNQ-k40XcD5xJOsRo-lWn/view?usp=sharing>

### **Jumping over objects video**

<https://drive.google.com/file/d/1Bs48zSkpGcBsaOSevWSqntqfIKBXCCFn/view?usp=sharing>

### **Underarm Pass video**

[https://drive.google.com/file/d/1JP1FP1Z2Xa7B-2A3wehwHZiVyONmRt2h/view?usp=drive\\_link](https://drive.google.com/file/d/1JP1FP1Z2Xa7B-2A3wehwHZiVyONmRt2h/view?usp=drive_link)

### **Target Throw video**

[https://drive.google.com/file/d/1D-Oo7kHbNsEk2jcfXxv71d-YnVr7wTkJ/view?usp=drive\\_link](https://drive.google.com/file/d/1D-Oo7kHbNsEk2jcfXxv71d-YnVr7wTkJ/view?usp=drive_link)

### **Obstacle course video**

[https://drive.google.com/file/d/1WLqyLzBvu620928253n8XaEoXSjOvXqa/view?usp=drive\\_link](https://drive.google.com/file/d/1WLqyLzBvu620928253n8XaEoXSjOvXqa/view?usp=drive_link)

