



Special Olympics
Young Athletes

Session 7

SKILLS FOCUS:

- SKIPPING
- THROWING
- BALANCE



Equipment Required:

- An open playing area
- Bean bags
- Ribbon balls
- Hula Hoops
- Spot markers
- 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.**



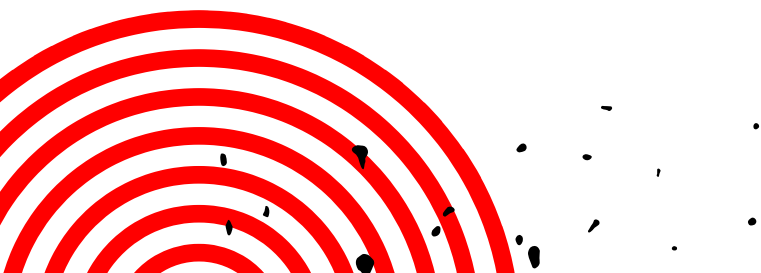
**Special
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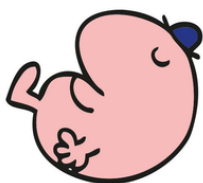
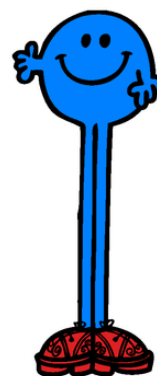


Warm Up - Mr and Mrs Men

Description of Activity

Invite athletes to move freely around the playing area using the movements suggested by the Coach. The coach demonstrates the activity as they call out the Mr/Mrs Men. Each Mr/Mrs Men are repeated 2-3 times during the game:

- Mr Tall - walking on tippy toes arms reaching towards the sky
- Mrs Bouncy - jumping up and down on two feet
- Mr Speedy - running around the open space
- Mrs Skippy - skipping around the open space
- Mr Small - crouch down on hunkers and walking small
- Mrs Lazy - lie down on the ground and pretend to sleep
- Mr Yoga - challenge athletes balance by standing on one leg
- Mrs Straight Line - walking heel to toe on the line, hands on hips



Skills in Focus

Run
Balance
Skip
Jump

Duration

5 minutes

Equipment

- An open playing space
- PECS cards (Optional)

Variations

Ask the athletes to suggest a Mr / Mrs Men and the whole group has to carry out the action suggested.

Observations

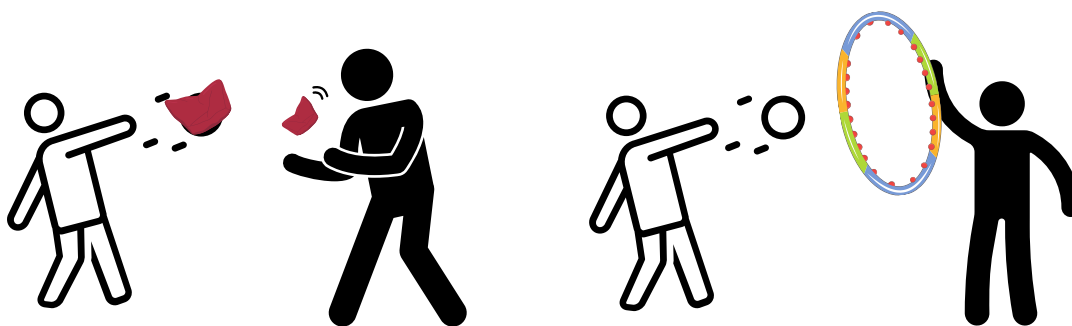
During this activity, look at the athletes movements when they are balancing to see how long they can hold their single leg stand. Can the athletes walk for 6 steps heel to toe on the line? If athletes are struggling spend a longer amount of time on the balance activities.

Underarm Pass - Throwing (Recap week 6)

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

5 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.

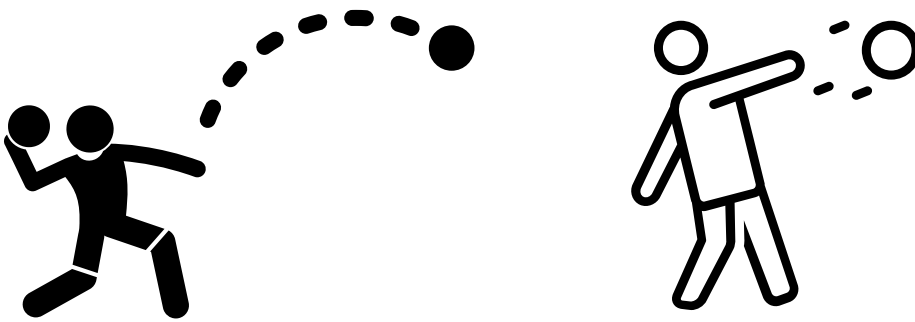
Coaching Cues

- *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 (Recap week 6)

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.

Learn to Skip - Skipping

Description of Activity

Athletes find a space in the open playing area. Coach demonstrates the skill of skipping to the athletes and asks them to join in, letting the athletes practice for a few minutes. Coach uses the two coaching cues for the skip below. Athletes get the opportunity to practise skipping in a variety of different ways, using the following prompts:

- Try to skip like a giant, a fairy, a clown, a toy soldier
- Try to make yourself very small and skip around
- Try to skip as tall as you can be
- Try to skip forwards, sideways, backwards
- Try to skip angrily, happily, sadly
- Try to skip slowly, fast



Skills in Focus
Skip

Duration

7 minutes

Equipment

- An open playing space
- PECS cards (Optional)

Adaptations

- Ask a parent or volunteer to assist athletes with this activity by holding their hand for extra balance and support while skipping.

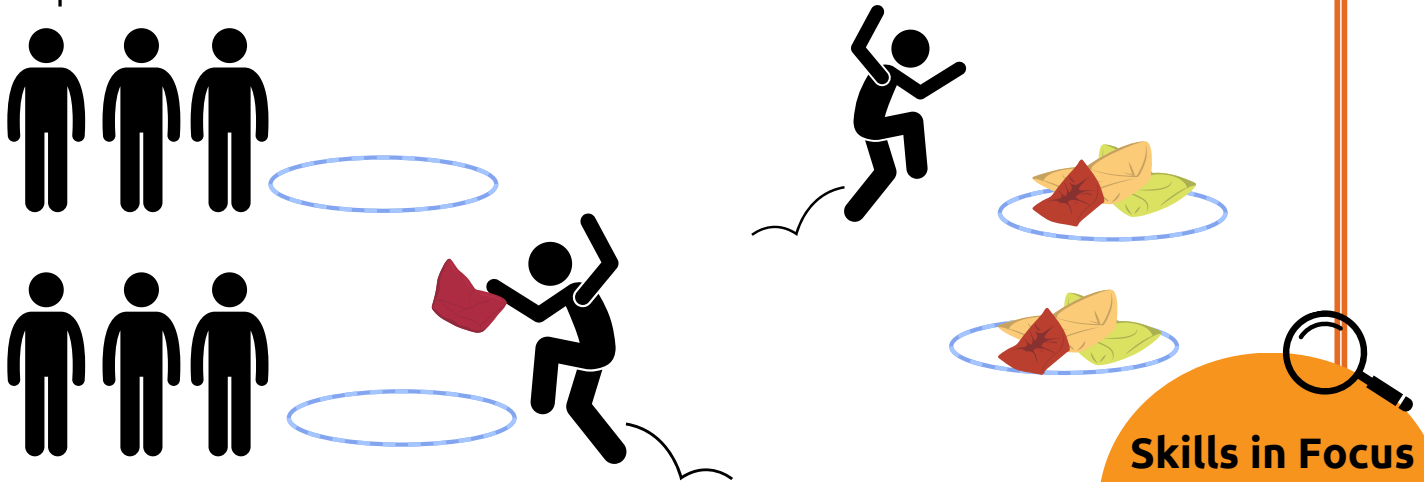
Coaching Cues

- *Step and hop* - Encourages the athlete to take a step forward followed by a hop on the same foot.
- *Swing your arms* - Reminds the athlete to move their arms in opposition to their legs to help propel them forward during the movement.

Relay Race - Skipping

Description of Activity

The coach arranges athletes into groups of 4-5. Set out a large playing area approximately twenty metres long with a hoop per group at either end. Each hoop contains four beanbags. All athletes must start behind their hoop. The aim of the activity is for the first athlete in each group to skip to the hoop, take a beanbag, skip back with it and place it in their own hoop. Once the beanbag hits the ground in their own hoop the next athlete can go. The first group to have six beanbags in their hoop wins.



Duration

8 minutes

Equipment

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

Adaptations

- Ask a parent or volunteer to assist athletes with this activity by holding their hand for extra balance and support while skipping.
- Alternate the skill of skipping for other locomotor skills including running, hopping, jumping.

Coaching Cues

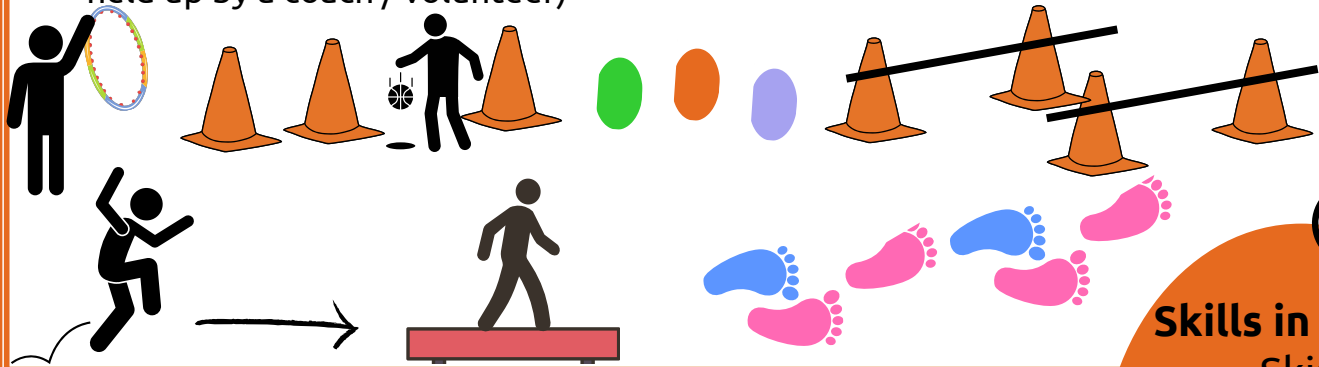
- *Step and hop* - Encourages the athlete to take a step forward followed by a hop on the same foot.
- *Swing your arms* - Reminds the athlete to move their arms in opposition to their legs to help propel them forward during the movement.

Obstacle Course

Description of Activity

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

- Skip for 1-2 meters
- Walk across the balance beam and hold a single leg balance at the end of beam
- Hop scotch, alternating two foot jump and single leg hop using plastic feet
- Two foot jump over the hurdles. Keep bar low to encourage athletes to jump
- Crawling under the hurdles
- Balance on stepping stones
- Dribble basketball in and out between the cones and shoot at a target (hula hoop held up by a coach / volunteer)



Skills in Focus

Skip
Balance
Hop
Jump
Crawl
Dribble

Duration

10 minutes

Equipment

- An open playing space
- Balance Beam
- Plastic Feet
- Hurdles (Cones and poles)
- Balance Rocks
- Cones
- Basketballs
- Hula Hoop

Adaptations

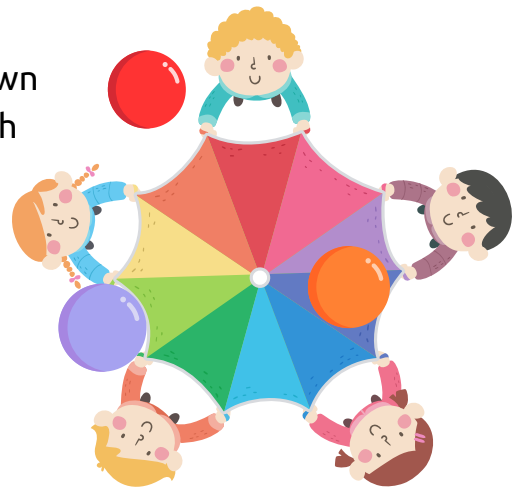
- Use different equipment to make the course easier or more challenging depending on the athletes ability.
- Tell athletes a story as part of the obstacle course, e.g. that they are trekking through the jungle or have landed on another planet that they are exploring.

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 7

SKILLS FOCUS:

- SKIPPING
- THROWING
- BALANCE



Please circle the activities you completed in Session 7:

Warm Up

Throwing Skill

Throwing Game

Skipping Skill

Skipping Game

Obstacle Course

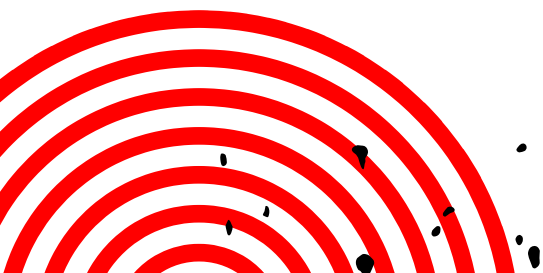
Cool Down

Session Notes

What went well:

What didn't work as well:

Targets for next session:





Special Olympics
Young Athletes

Session 7

VIDEO LINKS



**To view a demonstration of each activity
and game outlined in Session 7,
please click on the relevant link below:**

Mr and Mrs Men Warm Up video

<https://drive.google.com/file/d/19IPpEPqTxOq2YroWiOgKmuT9Z2kT-wz5/view?usp=sharing>

Underarm Pass video

https://drive.google.com/file/d/1JP1FP1Z2Xa7B-2A3wehwhZiVyONmRt2h/view?usp=drive_link

Target Throw video

https://drive.google.com/file/d/1D-0o7kHbNsEk2jcfXxv71d-YnVr7wTkJ/view?usp=drive_link

Learn to Skip video

https://drive.google.com/file/d/1FFZ_2KjN5QOHAGbf_UxrdBix-15Dy2HY/view?usp=drive_link

Relay Race Skipping video

https://drive.google.com/file/d/1kGZmHbFykGTVbplMAHBrqXaaYfjqAS/view?usp=drive_link

Obstacle course video

https://drive.google.com/file/d/1ahgx9bsROZz7K3VCW5-0TEeJ03GFP5sd/view?usp=drive_link

