

Young Athletes in Communities

Lesson 3: Jumping & Balance

Equipment Needed: yellow balance beam, arrows, poly spots, scarves, blocks, balls

Melody and Warm-Up

- Song: “Wheels on the Bus”
- The athletes in the class go run run run, run run run, run run run. The athletes in the class go run run run, all through the day
- The athletes in our class walk real slow, walk real slow, walk real slow. The athletes in our class walk real slow, all through the town
- The player on the court goes jump jump jump, jump jump jump, jump jump jump. The player on the court goes jump jump jump, all through the game

Individual Skill Development

Balance Beam/Ropes

- Walk along the balance beam nice and straight. Now try walking with one foot on each side of the balance beam (straddling). Let’s walk on top of the balance beam with one foot in front of the other and hands out wide like an airplane!

Foot Trap

- Take your foot and place it on top of the ball. Stand with one foot on the ground and the other on the ball incorporating balance. Then, take your foot off and kick the ball to another athlete/coach
- Encourage athletes trying this skill with smaller balls if larger ones are too difficult

Step & Jump

- Jump off balance beams/blocks and try to land on the poly spot.
- As athletes master jumping to a poly spot, move the poly spots further away, raise the level of

the jump, and alter the poly spot position to allow for twisted jumps if athletes have balance skills

Group Activity

Leapin’ Lizards

- Everyone is going to LEAP/HOP from one poly spot to another just like a leapin’ lizard

Cool Down/Closing

- “Let’s end Young Athletes with a song ‘If You’re Happy and You Know It.’ Sing along with me and do what I do.”
- If you’re happy and you know it, clap and stomp (wiggle your body; fly like a bird: walk around with arms outstretched)
- Breathing exercises

