



Early Years Foundation Stages SESSION BREAKDOWN

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Early Years Foundation Stages

SESSION BREAKDOWN

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Our freeze games are used as a warmup and are great fun and educational. We present the children with Flash Cards with numbers on the back.

One child is asked to turn over the card labelled 'one'. Behind this card there are pictures.

The children are asked to act out what is on this picture around the 'sports island' (designated area).

We then repeat this process throughout cards 1 - 5. Each time involving a different child to turn the card around and repeat the number back to the group.

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Children are introduced to different types of fruit and vegetables in this game. One at a time, the children pick out their chosen fruit/vegetables and are asked to repeat it back to their friends.

Once they have done this, they must go through the hoop to enter the Fruit garden and plant their fruit.

Once planted they must water and jump over the fruits to come back out of the garden.

The children choose where to plant their fruit and in turn make a wonderful garden.

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

Balls are shared one between two. The activity is introduced with everyone sitting facing their partners.

Partners start by rolling the ball to each other counting after each successful pass.

This then progresses to standing and rolling, bounce passing, throwing and catching

Coaches highlight partners to show the rest of the group their skills.

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles,
cones, hoop

In this end game, children are asked to create a story with the coaches. The story is about the pirates climbing on board the pirate ship to retrieve treasure.

One at a time the children cross the 'bridge' (athletics ladder) in various ways. They then have to grab a selection of treasure and cross over to the other side.

After this they are directed to 'swim' back to the treasure chest by jumping over the 'waves' (hurdles) and offloading their treasure to the 'treasure chest' (Hoop)

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Stage 1 - Personal, Social, Emotional Development

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

This game promotes individuality as well as a social dynamic. The individual nature is an independent act and an independent decision decided by the child.

This also corresponds to the collective goal, which enhances a sense of self accomplishment amongst individuals.

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

Sharing a ball aids in social development, allowing to build relationships with either coach or partner. Increases self confidence and self-awareness.

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop

The children support one another by cheering each other on to boost confidence within themselves.

Stage 2 - Communication and Language

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Children are asked to verbally and physically communicate the various ways they can move. After each card the children have read out; they attentively listen to the instructions set out by the coach on how to do these movements.

They are also guided by the coach to express any ideas they have on the movement.

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

when passing to each other children are prompted to use communication whether its with its verbal or physical.

Techniques such as butterfly hands and saying the words 'pass' are encouraged.

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop

The children use there listening and speaking skills to help tell the story back to the coach.

Their understanding of the story corresponds to the activity.

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Stage 3 - Physical Development

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Through pictures cards the children are able to use their imaginations and use their bodies accordingly through various types of movement.

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Children are educated in healthy lifestyle choices. Coaches explain the importance of consuming healthy foods such as Fruit and Vegetables which promotes self-care.

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

Handling a ball (throwing and catching) aids in the ability to improve hand eye coordination and develop a higher sense of control through upper and lower extremities.

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop

the ladder and hurdles are used for the children to go through various movements that predominantly require the use of their legs. In turn this creates a platform to improve balance and coordination.

Stage 4 - Literacy

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

the children take turns to read the cards and at times call out and repeat it back to the coach. This helps the children to apply their phonics knowledge during the session.

We use flash cards for our freezes games whether it's learning about transport, animals at the farm, or sea creatures.

This helps the children spell out the words and experience new material each week.

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop

Stage 5 - Mathematics

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

Challenges to complete certain number of passes or movements with the ball, help boost their confidence with numbers.

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop

The group are encouraged to count the steps of the ladder collectively when one of the children are crossing

Stage 6 - Understanding the World

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Our Freeze games are all about learning about the world around us. We use flash cards to help prompt the imagination of how the pictures move. Whether we are learning about the past such as dinosaurs or our present such as different types of transport.

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Fruit Garden introduces fruit and vegetables to the children in a way they can identify and differentiate between the two. The ability to know these differences are reinforced during this game.

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop

We introduce various topics and stories to the children during the sessions. This helps them learn about different communities whether it's a story about farming, or animals.

Stage 7 - Expressive arts and Design

Freeze game - Cards

Duration: 15 minutes

Equipment: Number flash cards

Banker game - Fruit Garden

Duration: 15 minutes

Equipment: hoop

Children are expected to make a decision on the type of fruit or veg they will be picking up and also to make decisions on where to place it down. This allows the children to collectively make a design/ group project.

Basketball Partner passing drill

Duration: 15 minutes

Equipment: basketballs

Children can explore and be creative In the different ways to transfer the ball from a partner to another.

End Game - Pirate Ship

Duration: 15 minutes

Equipment: ladders, hurdles, cones, hoop