



Active Start

Activity

Pirates and Lifeguards



Organization

2 players are placed inside the circle without a ball. 4 players are placed 5 metres away from the circle with a ball. Parents are on the outside and have a ball close by to help the players resume the game quickly.

Procedure

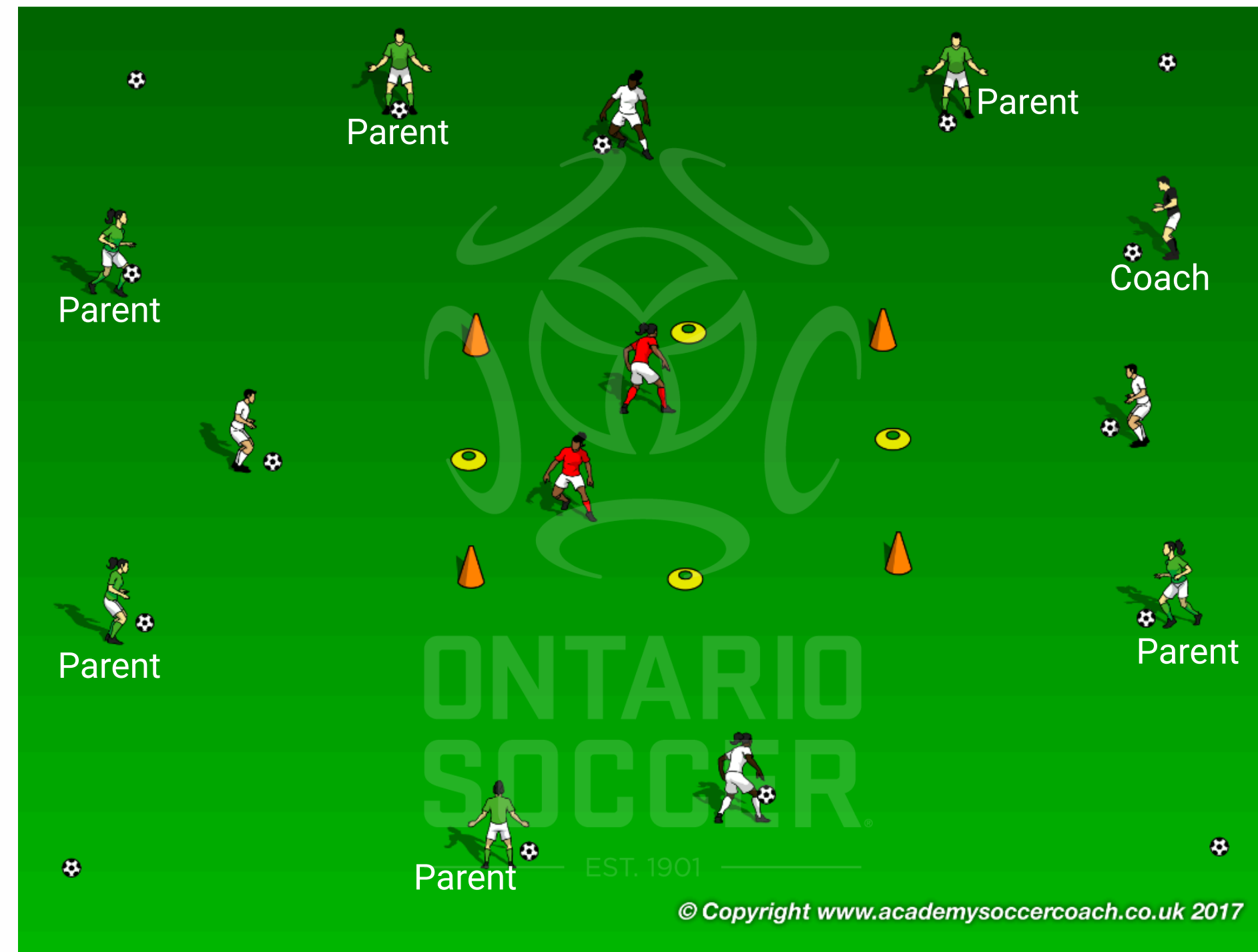
The Pirates (White) must put their treasure (ball) on the beach. The lifeguards (Red) have to defend the beach. If a piece of treasure lands on the beach, the life guards must kick it away. Play for two minutes before swapping roles. Tell the players not to worry if their ball is kicked away, it's part of the game. Ask players and parents to count how many times they deliver/clear.

Emphasis

Creating a safe environment, positive reinforcement, allow players to make decisions, demonstration of the activity and involving the parents.

Progression

1. Players jump two footed with the ball in their hands.
2. Players dribble the ball with their feet.



Timing

8 Minutes

Area

The Beach' is: 3m x 4m diameter

Objective

Players are able to be confident, safe and participate in the activities

Outcomes

All Players - will be able to participate and try some of the movements and skills

Most Players - will be able to participate and do a variety of movements and skills.

Some Players - will be able to participate, execute a variety of movements and skills and come up with their own.

Technical

Ball mastery
Running with the ball
Dribbling

Psychological

Confidence
Awareness
Fun

Social

Problem Solving
Communication
Celebration

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

At this stage, players should participate in a variety of additional activities. Swimming and well-structured gymnastics programs are recommended to enhance the full range of basic movement skills and physical literacy.