



Class Title: Green Little Champions: Sports & Healthy Habits

Teacher Name: Brandi Williams

Class Day: Monday

Class Size: 14

Class Cost: \$55

Class Fee: \$96

Ages or color group served: Green

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: NA

Class Description:

Get ready to move, play, and grow strong! Little Champions introduces children ages 5–7 to a variety of sports while building teamwork, confidence, and healthy lifestyle habits. Each week, students will explore a new sport through fun games and beginner-friendly activities.

Along the way, we'll learn how to take care of our bodies by making healthy food choices, staying active, practicing good hygiene, and understanding why rest and hydration are important. This class focuses on participation, encouragement, and having fun while developing coordination, sportsmanship, and positive habits that support lifelong health.

No experience needed — just bring energy and a smile!

Class Goals

Students will:

Develop coordination and basic motor skills

Learn teamwork and sportsmanship

Build confidence through movement

Understand healthy habits and body care

Practice listening, taking turns, and encouraging others

Week 1:

What is Fitness?

Sport Focus: Movement games & obstacle course

Health Topic: Why we exercise & how it helps our bodies grow strong

Week 2:

Soccer Stars

Skills: Kicking, teamwork, and making goals

Health Topic: Drinking water & staying hydrated

Week 3:

Basketball Basics

Skills: Dribbling, passing, shooting into low hoops

Health Topic: Heart health & why moving keeps our heart strong

Week 4:

Track & Running Fun

Skills: Running races, relays, pacing

Health Topic: Breathing and why oxygen helps our muscles

Week 5:

T-Ball & Baseball Fun

Skills: Batting off a tee, catching, throwing

Health Topic: Healthy snacks that give us energy

Week 6:

Gymnastics & Balance

Skills: Balance, rolling, coordination

Health Topic: Strong bones & why calcium matters

Week 7:

Volleyball & Balloon Ball

Skills: Hand-eye coordination, teamwork, gentle volleys

Health Topic: Hand washing & staying germ-free

Week 8:

Kickball & Team Play

Skills: Kicking, running bases, teamwork

Health Topic: Why teamwork helps our feelings & friendships

Week 9:

Flag Football Fun

Skills: Throwing, catching, running routes, pulling flags

Health Topic: Protective gear & staying safe in sports

Week 10:

Yoga & Stretching

Skills: Kid-friendly yoga poses & flexibility

Health Topic: Relaxation, calming our bodies, and managing big feelings

Week 11:

Multi-Sport Challenge Day

Skills: Rotating through favorite sports stations

Health Topic: Sleep & why rest helps our bodies grow

Week 12:

Little Champions Field Day

Skills: Fun sports stations & cooperative games

Health Topic: Review healthy habits & celebrate strong bodies