**Sports Week: Building Skills and Sportsmanship**

Description: Sports Week is dedicated to engaging children in various sports activities, promoting physical fitness, teamwork, problem-solving, and sportsmanship. Through structured lessons and games, children will develop their athletic abilities while also learning important values and life skills.

**Lesson Plans for Ages 0-3:**

1. **Sensory Ball Play**
	* Materials: Soft balls of different sizes, sensory bins
	* Duration: 15-20 minutes
	* Description: Encourage infants and toddlers to explore different types of balls and engage in sensory play. Focus on rolling, bouncing, and exploring different textures, promoting sensory development and coordination.
2. **Music and Movement Olympics**
	* Materials: Music, open space for movement
	* Duration: 20-30 minutes
	* Description: Create a mini "Olympics" experience through music and movement. Incorporate activities like marching, jumping, balancing, and hopping while playing energetic music. Emphasize the joy of movement and active participation.
3. **Colorful Obstacle Course**
	* Materials: Cones, hula hoops, tunnels, colorful tape
	* Duration: 30-40 minutes
	* Description: Set up a simple obstacle course using colorful markers and props. Guide children to crawl under tunnels, hop through hula hoops, and walk along designated paths, promoting gross motor skills and spatial awareness.

**Lesson Plans for Ages 4-7:**

1. **Miniature Golf Adventure**
	* Materials: Miniature golf set or DIY course, golf clubs, balls
	* Duration: 45-60 minutes
	* Description: Create a mini-golf experience for children, either with a miniature golf set or by designing a DIY course. Teach them basic golf techniques, such as putting and swinging, and let them practice their skills while emphasizing patience and focus.
2. **Team Sports Day**
	* Materials: Balls of various types, cones, jerseys or bibs
	* Duration: 1-2 hours
	* Description: Organize team-based sports activities like soccer, basketball, or relay races. Emphasize teamwork, cooperation, and friendly competition. Encourage children to support and encourage their teammates while practicing good sportsmanship.
3. **Fitness Circuit Challenge**
	* Materials: Cones, exercise mats, stopwatch
	* Duration: 30-45 minutes
	* Description: Set up a fitness circuit with different stations, such as jumping jacks, squats, push-ups, and balance exercises. Guide children through each station, encouraging them to complete the challenges within a given time. Focus on building strength, endurance, and resilience.

**Lesson Plans for Ages 8-11:**

1. **Skill-Building Workshops**
	* Materials: Equipment specific to the chosen sport, instructional materials
	* Duration: Multiple sessions (1-2 hours each)
	* Description: Choose a specific sport, such as basketball, soccer, or tennis, and conduct skill-building workshops. Focus on teaching fundamental techniques, strategies, and teamwork related to the sport. Provide opportunities for practice and improvement.
2. **Sportsmanship and Fair Play**
	* Materials: Discussion prompts, sports videos
	* Duration: 30-45 minutes
	* Description: Engage children in discussions and activities centered around sportsmanship, fair play, and the importance of respecting opponents. Use examples from professional sports or real-life situations to facilitate understanding. Emphasize the value of integrity and good sportsmanship.
3. **Mini Olympics**
	* Materials: Cones, stopwatch, medals or certificates
	* Duration: Half-day event
	* Description: Organize a mini-Olympics event where children can participate in various sports and challenges. Create different stations for activities like sprinting, long jump, throwing, and obstacle courses. Encourage friendly competition, teamwork, and celebrate individual and collective achievements with medals or certificates.

**Staff Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**