Smashball - FUNdamentals

Ages: 6 - 8

Gr. 1 - 3

Court size - Badminton or 1/2 Volleyball crt (divided length-wise)

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Warm-up	Walk like a . . .	Ants in your Pants	Follow the Leader - SPORTS STYLE	Late for School	Dabber Tag (Pool noddle tag)	Animal Statues	Skunk tag	Ball Tag w Overhead toss
	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises
Activities / Games	**Beat Your Record** pairs	**1 x 1-Beginner (A)** pairs	**Human Net** group	**Skill intro - Overhead Catch**	**Skill - Intro Overhead Catch & Push**	**Skill - Review Forearm passing - Underhand catch**	**Bulls-Eye** - i) underhand toss ii) overhead toss	**Under the Bridge** teams
	Throw & Catch individual	**Body Parts** individual	**Throw & Catch** individual	**Throw & Catch** individual	**Partner Up** (beginner)	**Desert Island** teams	**Shop 'Till You Drop** pairs	**Catch & Shuffle** - Underhand toss w Overhand catch
	Beat Your Record pairs	**1 x 1-Beginner (B)** pairs	**Desert Island** teams	**Human Net** group	SK-Smashball - **Level 3**	**Catch & Shuffle** - Underhand toss w Underhand catch	**Catch & Shuffle** - Overhand toss w Underhand catch	**Go Fish** group
	1 x 1-Beginner (A) pairs	**The Messengers** group	**Wall Relay** - underhand toss & catch teams	**1 x 1 - Intermediate** pairs	**Skill intro - Forearm passing - Underhand catch**	**Hot Potato Relay** teams	**Wall Relay** teams	
	Rocket Launcher - *Underhand toss* teams	**Bulls-Eye** teams		**Rocket Launcher - *Overhead toss*** teams	**Throw & Catch** individual	**To, Along & Over** teams		
					Bumping Basics pairs			

Smashball	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Game play format	SK-Smashball - **Level 1**	SK-Smashball - **Level 1**	SK-Smashball - **Level 2**	SK-Smashball - **Level 3**	SK-Smashball - **Level 3**	SK-Smashball - ***LEVEL 4***	SK-Smashball - ***LEVEL 4***	SK-Smashball - ***LEVEL 4***
		SK-Smashball - **Level 2**						