

PDC Plan: SPARK

Programming Day Card - 1

Warm Up: Superhero Warm Up

Skill/Review: Superpower Practice

Drill: Clapping/Jumping/Hopping – Jingle Jangle

Games:

1. Cool Corner
2. Steal the Bacon
3. Clean Up Your Backyard
4. Speed Ball
5. Basket--Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Superhero Warm Up

Skill/Review: Superpower Practice

Drill: Clapping/Skipping/Ducking – Jingle Jangle

Games:

1. Remote Control
2. Animal Crawl
3. I Like
4. Simon Says
5. Soccer Shot

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Superhero Warm Up

Skill/Review: Superpower Practice

Drill: Clapping/Sidestep/Spin – Jingle Jangle

Games:

1. Egg Hunt
2. Obstacle Course
3. Pokemon
4. Lilly Pad Leap
5. Home Run-Run

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Superhero Warm Up

Skill/Review: Superpower Practice

Drill: Clapping/Gripping/Lifting – Down/Back

Games:

1. Maze Trip / Follow the Leader
2. Red Light, Green Light
3. Safe Base
4. Freeze Dance
5. Touchdown Dance

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment