

## Program Overview

### Program Objectives

- Develop fundamental motor skills through soccer-based activities
- Enhance spatial awareness and basic coordination
- Build confidence in movement and ball interaction
- Foster social development through parallel play
- Create a fun, safe learning environment

### Key Program Components

- 15-minute structured activity sessions
- Parent-integrated learning approach
- Age-appropriate equipment and safety measures
- Progressive skill development framework
- Continuous assessment and adaptation

## Developmental Considerations

Area	Characteristics	Implications
Physical	<ul style="list-style-type: none"> <li>- Developing walking stability</li> <li>- Basic running ability</li> <li>- Limited coordination</li> </ul>	<ul style="list-style-type: none"> <li>- Short activity duration</li> <li>- Frequent rest periods</li> <li>- Simple movement patterns</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>- Short attention span</li> <li>- One-step instruction capacity</li> <li>- Basic color recognition</li> </ul>	<ul style="list-style-type: none"> <li>- Clear, simple directions</li> <li>- Visual demonstrations</li> <li>- Repetitive activities</li> </ul>
Social	<ul style="list-style-type: none"> <li>- Parallel play stage</li> <li>- Limited peer interaction</li> <li>- Parent-dependent</li> </ul>	<ul style="list-style-type: none"> <li>- Individual activities</li> <li>- Parent involvement</li> <li>- Positive reinforcement</li> </ul>

### Fundamental Movement Skills

- ✓ Walking: Forward, backward, sideways
- ✓ Running: Controlled speed, basic directional changes
- ✓ Stopping: Basic balance and control
- ✓ Kicking: Stationary ball contact
- ✓ Rolling: Ball manipulation with hands

### Equipment Specifications

Item	Specifications	Quantity
Soccer Balls	Size 2-3 soft foam	1 per child + 2 spare
Cones	Soft, colorful, 6" height	20-30 pieces
Floor Markers	Non-slip, various colors	15-20 pieces
Safety Mats	1" thickness, non-slip	Coverage for activity area

## Space Requirements

- Minimum 10 square feet per child
- Clear boundaries marked with soft cones
- Designated rest areas with mats
- Parent observation/participation zones
- Equipment storage within easy reach

### **Safety Considerations:**

- Padded surfaces in all activity areas
- Minimum 3 feet between activity stations
- Clear pathways for movement
- Proper ventilation and temperature control
- Emergency exits clearly marked and accessible

**Activity 1: Musical Soccer Circles (5 minutes)**

Component	Details
Setup	<ul style="list-style-type: none"> <li>- Place colored circles in a scattered pattern</li> <li>- Ensure 3 feet spacing between circles</li> <li>- Prepare age-appropriate music</li> <li>- One ball per child</li> </ul>
Implementation	<ol style="list-style-type: none"> <li>1. Children move with balls while music plays</li> <li>2. When music stops, find a circle</li> <li>3. Practice stopping with ball</li> <li>4. Repeat with different movements</li> </ol>
Parent Role	<ul style="list-style-type: none"> <li>- Physical support for balance</li> <li>- Movement demonstration</li> <li>- Positive reinforcement</li> <li>- Safety monitoring</li> </ul>

**Activity 2: Animal Soccer Safari (5 minutes)**

Component	Details
Setup	<ul style="list-style-type: none"> <li>- Create 4-5 animal stations</li> <li>- Place picture cards at each station</li> <li>- Clear pathways between stations</li> <li>- Soft balls at starting point</li> </ul>
Implementation	<ol style="list-style-type: none"> <li>1. Introduce each animal movement</li> <li>2. Practice movement with ball</li> <li>3. Move between stations</li> <li>4. Incorporate animal sounds</li> </ol>
Variations	<ul style="list-style-type: none"> <li>- Elephant (slow, heavy steps)</li> <li>- Bunny (small hops)</li> <li>- Tiger (careful stepping)</li> <li>- Bird (arm movements)</li> </ul>

### Activity 3: Rainbow Ball Control (5 minutes)

Component	Details
Setup	<ul style="list-style-type: none"> <li>- Create color-coded pathway</li> <li>- Use non-slip floor markers</li> <li>- Space markers 2 feet apart</li> <li>- Prepare soft balls</li> </ul>
Implementation	<ol style="list-style-type: none"> <li>1. Introduce colors sequence</li> <li>2. Demonstrate ball movement</li> <li>3. Practice following path</li> <li>4. Celebrate completion</li> </ol>
Skills Focus	<ul style="list-style-type: none"> <li>- Color recognition</li> <li>- Ball control</li> <li>- Directional awareness</li> <li>- Balance development</li> </ul>

### Assessment Framework

#### Observation Criteria

Skill Area	Observable Behaviors	Progress Indicators
Movement	<ul style="list-style-type: none"> <li>- Walking stability</li> <li>- Running control</li> <li>- Stopping ability</li> </ul>	<ul style="list-style-type: none"> <li>- Consistent balance</li> <li>- Directional awareness</li> <li>- Controlled stops</li> </ul>
Ball Skills	<ul style="list-style-type: none"> <li>- Ball contact</li> <li>- Rolling control</li> <li>- Basic kicking</li> </ul>	<ul style="list-style-type: none"> <li>- Intentional touches</li> <li>- Directed movement</li> <li>- Contact consistency</li> </ul>
Participation	<ul style="list-style-type: none"> <li>- Activity engagement</li> <li>- Following directions</li> <li>- Social interaction</li> </ul>	<ul style="list-style-type: none"> <li>- Activity completion</li> <li>- Response to instruction</li> <li>- Comfort in group</li> </ul>

### Reflection Points

- ✓ Activity engagement levels and participation patterns
- ✓ Safety protocol effectiveness and adherence
- ✓ Parent integration and support effectiveness
- ✓ Equipment utilization and appropriateness
- ✓ Time management and activity flow
- ✓ Group dynamics and social interaction

### Next Steps in Skill Development

Area	Current Level	Next Stage
Ball Control	Basic contact	Directed movement
Movement	Single direction	Multiple directions
Social Skills	Parallel play	Basic interaction
Instructions	One-step	Two-step sequence

#### Program Enhancement Priorities:

- Introduce progressive equipment variations
- Develop additional parent resources
- Enhance assessment documentation
- Expand activity complexity gradually
- Strengthen safety protocols