

PDC Plan: SPARK

Programming Day Card - 1

Warm Up: Superhero Warm Up

Skill/Review: Superpower Practice

Drill: Clapping/Running – Jingle Jangle

Games:

1. Hammer Throw
2. Bean Bag Toss – Closest to Pin
3. Paddle--Ball
4. Parachute Play
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/Kicking/Balance – Down/Back

Games:

1. Balloon BOP
2. Four Score
3. Yoga Moves
4. Duck Duck Goose
5. Relay Race

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/Rolling/Throwing – Down/Back

Games:

1. Golf Toss
2. Guard Dog
3. What Time is it Mr. Fox
4. Parachute Play
5. Basket--Ball

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/Catching/Balance – Down/Back

Games:

1. Yoga Moves
2. Hokey Pokey
3. Limbo
4. Relay Race
5. Basket--Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment