## PDC Plan (first 4 classes): Scooter Dash

## **Programming Day Card - 1**

Warm Up: Cool Corner Warm Up: Freeze Tag

Skill/Review: Propelling (Feet and Hands)

Skill/Review: Stomach Scooting

**Programming Day Card - 2** 

**Programming Day Card - 4** 

Drill: Practice Motion Drill: Practice Motion

Games: Games:

1. Obstacle Coarse 1. City

2. Bump and Bite 2. Safe Base

3. Scribble Tag 3. Spider Tag

4. Grab and Go 4. The Caterpillar

5. Hand Ball 5. Numbers Game

Things to Consider: Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment Facility, Age Group, Enrollment, Skill Level, Equipment

## **Programming Day Card - 3**

Warm Up: Simon Says Warm Up: Speed Racer

Skill/Review: Knees Scooting Skill/Review: Tootsie Roll Scooting

Drill: Practice Motion Drill: Practice Motion

Games: Games:

1. Relay Races 1. Scooter Bowling

2. Red Light Green Light 2. Steal the Bacon

3. Marco Polo 3. Prisoners Base

4. Tractor Pull 4. Basketball

5. Nascar 5. Ultimate Frisbee

Things to Consider: Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment Facility, Age Group, Enrollment, Skill Level, Equipment