PDC Plan (first 4 classes): Scooter Dash

Programming Day Card - 1

Warm Up: Cool Corner

Skill/Review: Propelling (Feet and Hands)

Drill: Practice Motion

Games:

1. Obstacle Coarse

2. Bump and Bite

3. Scribble Tag

4. Grab and Go

5. Hand Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Freeze Tag

Skill/Review: Stomach Scooting

Drill: Practice Motion

Games:

1. City

2. Safe Base

3. Spider Tag

4. The Caterpillar

5. Numbers Game

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Simon Says

Skill/Review: Knees Scooting

Drill: Practice Motion

Games:

1. Relay Races

2. Red Light Green Light

3. Marco Polo

4. Tractor Pull

5. Nascar

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Speed Racer

Skill/Review: Tootsie Roll Scooting

Drill: Practice Motion

Games:

1. Scooter Bowling

2. Steal the Bacon

3. Prisoners Base

4. Basketball

5. Ultimate Frisbee

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment