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Athlete's name

**Station #0 – Warm up/Balance**

**Station #1 – Running**      Tried it      Did it      Got it

**Station #2 – Jumping**      Tried it      Did it      Got it

**Station #3 – Ball Rolling**      Tried it      Did it      Got it

**Station #4 – Throwing**      Tried it      Did it      Got it

**Station #5 – Catching**      Tried it      Did it      Got it

**Station #6 – Basketball Skills – catch, dribble, pass, shoot and rebound**

**Station #7 – Kicking**      Tried it      Did it      Got it

**Station #8 – Soccer Skills – pass, trap, dribble and shoot**

**Station #9 – Striking**      Tried it      Did it      Got it

**Station #10 – Softball Skills – catch, throw, hit and run**

**Stickers!**

**Playtime!**

**Congratulations and thank you for your participation!**

## Station #0 – Balance

(body, spatial, effort, relationship, static, dynamic)

### *Static Balance*

Initial – Tried it

- Over-uses arms (extraneous); balances briefly on one foot; shows inconsistent leg preference

Intermediate – Did it

- Holds arm/leg tightly against the body; performs better on the dominant leg; focuses eyes ahead

Mature – Got it

- Maintains steady balance; adjusts body to maintain balance; extends both arms; holds free leg away from the body; focuses eyes forward

### *Dynamic Balance*

Initial – Tried it

- tensely and rigidly

Intermediate – Did it

- Loses balance easily; over-uses arms (extraneous movement); begins to demonstrate alternative foot pattern; spaces feet poorly; focuses eyes down

Mature – Got it

- Maintains balance while using alternative stepping action; maintains upright posture; maintains balance by using arms as needed; focuses eyes ahead

## Station #1 – Running

(balance, running, starting, stopping, heads up, eyes open)

Initial – Tried it

- Uses arms for force production only slightly; moves with heavy, flat-footed steps; uses wider base of support and feet may turn out; resembles a fast walk

Intermediate – Did it

- Displays some lift off ground (flight between steps); swings arms sideways; doesn't display full extension of push-off leg; displays less knee drive forward; focuses eyes ahead; body may travel vertically (up and down)

Mature – Got it

- Has a little bit of a lift while running; extending supporting leg at push off. There should be some lift off the ground with minimal flight between steps; bends arms at 90-degree angles and swings in a forward and backward motion; swings arms in opposition to feet; brings recovery foot close to the backside; focuses eyes ahead

## Station #2 – Jumping

(balance, bending knees, swinging arms, stick the landing)

### Initial – Tried it

- Displays little or no knee bending on takeoff or landing; leads with one foot on takeoff; uses arms in an unproductive (or counterproductive) manner; may bend head down

### Intermediate – Did it

- Makes a small, preparatory crouch; initiates jump by arm action with some forward swing; takes off and/or lands unevenly; displays incomplete extension at takeoff

### Mature – Got it

- Takes off and lands on toe feet (toe-ball-heel); bends knees and body at the waist in preparation for the jump; swings arms fully in a backward-forward direction; extends body in flight; focuses eyes ahead

## Station #3 – Ball Rolling & Underhand Throwing

(balance, no bounce, sit, kneel, stand, bend, step, release, follow through)

### Initial – Tried it

- Bats or pushes ball; holds ball between hands with palms facing each other; displays the straddle stance; bends sharply at waist; swings arm through the legs; lifts trunk as the ball is released; focuses eyes on the ball

### Intermediate – Did it

- Places one foot ahead of the other; holds ball with one hand on top, the other on the bottom; swings arm backwards; displays limited knee bend; focuses eyes alternately on the ball and the target; displays limited follow-through on forward swing

### Mature – Got it

- Focuses eyes on the target; rolls ball with a backward and forward arm swing (one arm); steps forward with leg opposite to the hand holding the ball; bends knees and releases the ball along the floor; follows through with a hand pointing to the target

## Station #4 – Overhand Throwing

(balance, focused eyes, rotation, weight shift, release)

### Initial – Tried it

- Stands facing target; holds elbows tightly against the body with elbow action mainly in the forward direction; displays little or no trunk rotation; doesn't shift body weight; positions feet together; displays little or no follow-through

### Intermediate – Did it

- Steps forward on the same leg as throwing arm; holds ball behind the head; rotates shoulder towards throwing side; shifts body weight from back to front; uses arm action that is forward and high over the head

### Mature – Got it

- Focuses eyes on the target; bends and holds elbow back at shoulder height behind the ear; rotates hips so that the opposite shoulder is in line with the target; steps forward with the foot that is opposite to the throwing arm; shifts weight from back to front; leads the throw with the elbow and follows down and across the body

## Station #5 – Catching and Trapping

(balance, open fingers, focused eyes, move)

### Initial – Tried it

- Displays poor tracking of the object; extends arms in preparation with palms up; uses a scooping action with the arms; shies away from the object (turns head away); uses the body to catch the ball; positions feet together

### Intermediate – Did it

- Positions one foot ahead of the other; holds elbows at sides at 90-degree angles; points palms inwards with thumbs; brings object back to the chest and traps it; often displays poor timing when catching

### Mature – Got it

- Focuses eyes on the object throughout the catch; positions the body in the path of the object; positions one foot slightly ahead of the other in a balanced stance; catches objects with hands; relaxes arms and absorbs the force of the object

## Station #7 – Kicking

(balance, eyes, position, bend, plant, swing, rotation, follow through)

### Initial – Tried it

- Doesn't prepare or follow through; kicks at the ball; uses arms for balance; initiates kick at knee; tends to use toes; uses dominant leg; hold body stiffly

### Intermediate – Did it

- Does some preparation; keeps the kicking leg bent; tends to use the top of the foot; exhibits improved balance and body control; relaxes body more

### Mature – Got it

- Focuses eyes on the ball at contact; steps beside the ball with the non-kicking foot; bends body at waist, initiating kick from hip; bends kicking leg (knee over ball) to contact the ball with shoelaces; swings arms in opposition to kicking foot; follows through with kicking leg pointing to the target

## Station #9 – Striking

(balance, eyes, position, swing, rotation, follow through)

### Initial – Tried it

- Uses a vertical chopping action when swinging; is stationary and stands with feet together; faces the direction of the ball with the trunk; does not rotate the trunk; does not transfer body weight

### Intermediate – Did it

- Turns trunk with limited hip rotation; does some weight transfer; positions feet shoulder-width apart; holds elbow close to the body and slightly bent; makes a somewhat horizontal swinging action

### Mature – Got it

- Focuses eyes on the object being struck; displays preparatory back swing; rotates hips and trunk in full striking action; transfers weight from back to front; follows through along swinging path

## Station #1 - Running

Equipment – bean bags, 4 buckets

### Bean Bag Bucket Brigade

- run bean bags from one bucket to the other in 20 seconds
- no throwing
- bean bags must be placed in the bucket
- demonstrate first
- count out loud the 20 seconds
- count the bean bags moved only after the 20 seconds is run
- repeat and try to attain a personal best
- challenge another athlete to a competition

## Station #2 – Jumping

Equipment – 6 frog spot markers

### Leap Frog

- jump from and land on 6 frog markers without falling off
- use arms
- bend legs
- jump on the first
- come to a rest on the pad
- re-set and then jump to the next – no race
- Frogs get progressively further apart
- Keep trying until all jumps are made

## Station #3 – Ball Rolling & Underhand Throwing

Equipment – 1 indoor bocce set, 6 pylons

### Bocce

- Bocce is played with 2 teams with 4 balls/team.
- To start a game, the pallina (white ball) is rolled or tossed. A player can toss the pallina any distance as long as it passes the center line of the court.
- The player tossing the pallina must deliver the first ball.
- The opposing team will then deliver their balls until one of its Bocce balls is closer to the pallina or has thrown all its balls. The "nearest ball" rule governs the sequence.
- All balls must be thrown underhanded.
- Games are played to 16 points.

## Station #4 – Overhand Throwing

Equipment – 10 little footballs, 9 buckets, Gainer doll, 2 tables, 1 chair

### Go Riders Go!

- 9 buckets (CFL teams) are lined up on 2 tables with Gainer at the end
- hit as many buckets as possible with 10 throws
- step into each throw and follow through towards the target
- count out loud the number of targets hit
- repeat and try to attain a personal best

## Station #5 – Catching and Trapping

Equipment – various sized balls

### Ball Catch

1. Ball Catch (below waist): catch a ball thrown below the waist (1 or 2 hands)
  2. Ball Catch (above waist): catch a ball thrown above the waist (1 or 2 hands)
  3. Bounced Ball Catch: catch a bounced ball at the waist (1 or 2 hands)
- Play catch
  - Use fingers and hands – not arms!
  - Work with big balls first and move down to the small balls
  - Work close together and then farther apart

## Station #6 – Basketball Skills

Equipment – 3 balls, hoop, pylon, basket

### Catch, Dribble, Pass, Shoot, and Rebound - Bring It On!

- Choose the basketball of your choice
- Line up at the front line (layup line)
- Catch a pass to begin
- Dribble 3 times with your left hand and then 3 with your right
- Pass the ball through the hoop off the wall and catch it off the bounce
- Shoot 3 hoops – lay-up line, foul line, 3-point line
- Rebound your own shots
- If any skills missed, get back in line and try again

## Station #7 – Kicking

Equipment – soccer balls

- You and a volunteer kick to each other working on the following:
  - Step beside the ball with the non-kicking leg (plant step)
  - Use a 1 step approach to the kick
  - Do not run to kick
  - Kick with the instep of the foot
  - Use arms for balance
  - Follow through towards the target
  - Use light balls first

## Station #8 – Soccer Skills

Equipment – 3 balls, 5 hoops, 2 pylons, 3 bricks, 3 long bars, 4 connect clips, 1 connect strip

### Pass, Trap, Dribble, and Shoot - GOAL!!!!!!!!!!!!!!!

- Choose the ball of your choice
- Pass the ball to a volunteer
- Trap the ball when receiving the ball back
- Dribble the ball to the wall and back
- Shoot by picking one of the 5 hoops and scoring a goal if it goes through the hoop

## Station #9 – Striking

Equipment – various sized foam balls, racquet, baseball bat, t-ball set, 5 pylons, 5 hoops

### Batter Up!

- Swing and hit various sized balls off the tee and then hit tossed balls
- Stand beside the tee
- Hands together
- Bring hands and bat back
- Hit and follow through
- Hit big balls first and move down to the small balls
- Change swing to try to hit a home run



## Station #10 – Softball Skills

Equipment – various sized foam balls, racquet, baseball bat, t-ball set, 5 pylons, 5 hoops

### Catch, Throw, Hit, and Run - Play Ball!

- Choose the ball of your choice
- Catch the ball to begin while standing at the pitcher's mound
- Throw the ball through the hoop near the wall (while standing on the mound)
- Hit the ball off the tee (a hit off the backboard is a home run)
- Run the bases
- If any skills missed, get back in line and try again

### Equipment (supplied by Special Olympics Saskatchewan)

- Station Markers – 11 yellow pylons, 11 ball markers
- 0 - spot markers, balance beam, PA, banner, whistle, music
- 1 - bean bags, 4 buckets
- 2 - 6 frog spot markers
- 3 - 1 indoor bocce set, 6 small pylons (4 red, 2 blue)
- 4 - 10 little footballs, 9 buckets, Gainer doll, 2 tables, 1 chair
- 5/6 - various sized balls, 3 basketballs, large green pylon, large green hoop, basket
- 7/8 - 3 soft soccer balls, 5 hoops (2 large red, 1 large blue, 1 medium green, 1 small yellow), 2 large red pylons, 3 bricks (1 blue, 1 yellow, 1 green), 3 long bars (1 blue, 1 yellow, 1 green), 4 connect clips, 1 connect strip
- 9/10 - various sized foam balls, racquet, baseball bat, t-ball set, 5 pylons (1 large blue, 4 small green), 5 hoops (1 large blue, 4 small), baseball markers

### Staff (supplied by the host school)

- Station Markers – 7 adults to evaluate the athletes performance and mark their certificates
- Station Attendants – 20 senior students to demonstrate, explain and run the athletes through their stations

### Time

- 1 hour to set up, 1 hour camp, and ½ hour clean up

### What's needed of the school?

- A gym, supervision, volunteers, and athletes – no cost, no equipment required