

Starting Position

This is a consistent place where the children can gather to wait to listen to the next set of directions

It is also a place where the children can be in a line so they are facing the Coach and every child is visible to the Coach.

Some ideas of the Starting Position:

- A line on the floor
- A row of spots or bits of tape
- A wall or fence where the children can place their backs.

This Starting Position is used for several purposes:

- A mental break
- A physical break from the previous activity
- A reset for behavior
- Time to set up the next game or activity

The key to the Starting Position is keeping their attention while setting up the next game or activity. This is when the introductory questions comes in handy.

When I say GO!

This is the signal to begin a game or activity.

- Begin directions in Explain the Game by saying, “When I say GO!, you will.....”
- Use this phrase for the directions for beginning play and cleaning up after play.
- It requires the children to listen to all the directions before beginning the game
- The number of directions and steps delivered prior to saying GO must be age appropriate.

Clean Up

Always have the children help clean up equipment as much as possible, appropriate to their strength and skill level.

- Cleaning up as a group builds comment within the class
- It also builds eye-hand coordination when placing equipment into containers
- Depending upon the size and weight of the equipment, cleaning up may build grip, upper body, lower body or core strength.
- Pancake Stack — When cleaning up flat items, ask the children to use their hands to build a pancake stack in your hands, building eye-hand coordination. You can have them balance the item on their heads as they come to you for added balance practice, but have them use their hands to make the stack.