

Supersport

Class Rundown Sample

2-3yrs

Class Duration: **60 min**

Time	Activity	Objective
16.00	Welcome Routine	Know your classmates. Learn a routine
16.05	Warm Up	Stretching and Following Instruction.
16.10	Yoga (3 poses)	Stretching and Body Awareness.
16.20	Main Sport Activity 1	Learn and practice skills
16.25	Main Sport Activity 2	Develop skills and abilities
16.32	Water Break	To take on liquids and rest
16.35	Main Sport Activity 3	Developing team spirit and Gross motor skills
16.45	Main Sport Activity 4	Consolidate the skills we have worked on this week
16.50	Group Game	To promote competitiveness and team ethic.
16.55	Hip Hip Hurray And sticker hand out	To end the class with a team spirit and reward effort.