



# JUNIOR SQUASH PROGRAM FOR SPECIAL NEEDS

## Class Rundown Sample

Time	Activity	Objective
16 : 00	Welcome Routine	Know your classmates. Learn a routine
16 : 05	Warm Up	Stretching, Running and Following Instruction
16 : 15	Basic Skills	Develop basic motor skills
16 : 20	Footwork	Develop hand eye coordination and balance
16 : 30	Water break	Refresh and rest
16 : 35	Advanced Basic Skills	Consolidate the skills we have worked on
16 : 45	Game-Play	To promote competitiveness and develop social skills
16 : 55	Goodbye Routine	To end the class on a positive note and reward effort

