

RICHMOND FC ELEMENTARY SCHOOL PROGRAM



INTRODUCTION

The Richmond FC Elementary program is a community outreach program, that has been developed as a way to promote a healthy and active lifestyle through the sport of soccer, within elementary schools in the local community

The key program aims are to :

- Instill a passion for sport, and soccer in students
- Introduce and develop physical literacy, and specific sports skills
- Promote a healthy Active lifestyle, healthy body, healthy mind
- Provide support to schools and teachers on how to incorporate soccer within the PE curriculum
- Provide information on Richmond FC programs offered in the community



THE PROGRAM

The program would be run over 3 or 5 days depending on the package the school opts for, and would be delivered during the regular PE class schedule at the school, providing opportunities for all grades to participate throughout the day

Richmond FC would provide a co-ordinator who would be a Richmond FC staff coach who would run the program along with 1 support staff to assist during the course of the day

Richmond FC would provide a curriculum for the program and lesson plans, specific to the grade, age and development stage of the students

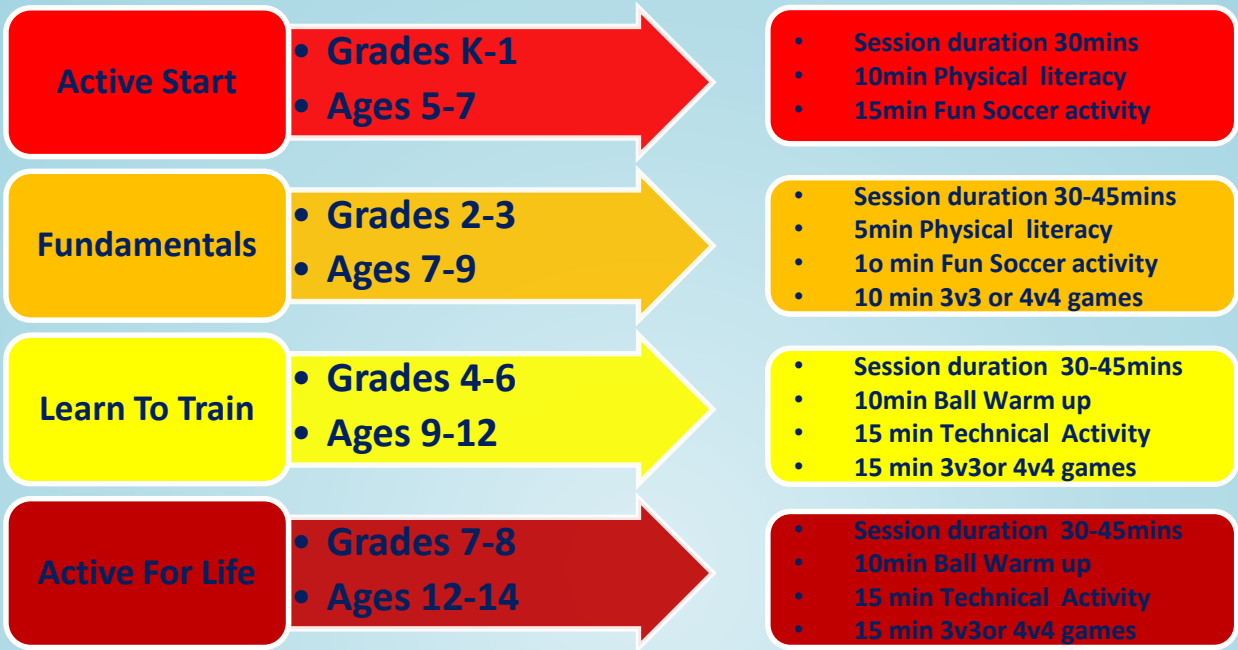
Depending on the weather or facilities, classes would be either held in the gym or outside.

Richmond FC would provide all the necessary equipment for the program.



CURRICULUM

The Curriculum has been developed by the Richmond FC Technical Director and follows the Canada Soccer Long Term Player Development guidelines to ensure the sessions are appreciate to the age, grade and development stage



Development Stage	DAY 1	DAY 2	DAY 3
Active Start	<ul style="list-style-type: none"> Abc's Tag Game Fun dribbling game 	<ul style="list-style-type: none"> Abc's balance & co-ordination Fun dribbling game 	<ul style="list-style-type: none"> Abc's Tag Game Fun dribbling game
Fundamentals	<ul style="list-style-type: none"> Abc's Tag Games Dribbling & ball manipulation 3v3/4v4 games 	<ul style="list-style-type: none"> Abc's Balance & Co-ordination Juggling/ball cotrol 3v3/4v4 games 	<ul style="list-style-type: none"> Abc's Tag Games Street Soccer
Learn To Train	<ul style="list-style-type: none"> Dribbling & Ball manipulation 1v1 3v3/4v4 games 	<ul style="list-style-type: none"> Balance, co-ordination, Juggling & ball control 2v2 3v3/4v4 games 	<ul style="list-style-type: none"> Abc's Tag Games Street Soccer
Active For Live	<ul style="list-style-type: none"> Dribbling & Ball manipulation 1v1 3v3/4v4 games 	<ul style="list-style-type: none"> Balance, co-ordination, Juggling & ball control 2v2 3v3/4v4 games 	<ul style="list-style-type: none"> Abc's Tag Games Street Soccer

SCHOOL & TEACHER SUPPORT

Richmond FC is happy to provide any participating schools with support on how to incorporate soccer within the PE curriculum.

Richmond FC will provide the lesson plans developed for the program to the school prior to the visit, and encourages teachers to assist and participate in the sessions as much as possible.

Richmond FC coaching staff are happy to answer any questions teachers may have during the visit.

Upon request schools can schedule for the Richmond FC Technical Director to run a free soccer coaching clinic with the teachers, to

demonstrate how to incorporate soccer into the PE curriculum, and fun activities that can be used during PE classes.



HOW TO PARTICIPATE?

For schools wanting to participate please contact Steve Hood the Richmond FC Technical Director : technicaldirector@richmondfc.ca to schedule a visit, stating possible dates and the package option see below:

Package 1	Package 2
<ul style="list-style-type: none">• 3 Day Program• \$1300	<ul style="list-style-type: none">• 5 Day Program• \$2000

(RFC is a non profit community based soccer club all fees are cost recovery)

For each package Richmond FC will provide 2 Richmond FC staff to run the program, each staff member will be BC soccer Certified at the appropriate level for the age and stage of development for elementary school students.

All equipment will be provided by Richmond FC for use during the course of the visit.

The school would be required to:

1. Provide the PE schedule for each day, 5 days prior to visit
2. Ensure class sizes consist of no more that 20-25 students
3. Distribute the lesson plans to the teachers prior to the visit
4. Encourage Teachers to actively participate in the delivery of the lessons
5. Inform Richmond FC if you wish to schedule a free coaching clinic for the teachers as part of the package