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| Jc Academy Logo.pngSubject: **Multi-Skills** Year: **1** Lesson: **ABC’s** | | | |
| Resources: | | | |
| Warm up (15mins):  **All children will be made aware of the safety issues that are in the hall/outside before commencement of warm up. The learning outcome will also be discussed during this time.**  **Warm-up will consist of all children moving around in their own space…Ensuring that they get into their own space rather than following their ‘friends’. Numbers 1-4 will be issued by the coach. Each number represents a different movement or exercise. 1=JUMP 2=HOP 3=STAR JUMP 4=TOUCH THE FLOOR.**  **The coach once gone through all the numbers from 1-4, the coach will then call out random numbers. Once this has been done the coach will ask for the child’s input to what other movements can be made.** | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Working on Agility   * The children will be put into teams of 5. Ahead of the children will be a grid lined with cones. An explanation will be made as to what agility is. Using word association would be sufficient to ensure there is an understanding. * Each child will make their way to the end of each row. Before turning and making their own way back to their starting point. * The Children will then have another go. The coach will then add a problem to the session, in which the children will be asked- This question will be based on turning quickly, and how we can get back to our starting point quicker, thus bringing our agility into play.   Balance/Co-ordination   * The children will be set up in the same groups. Mix and Match to ensure that all differentiation is shown. * The children will make their way to each disc and hop on one leg (Left) for 5 seconds, get the children to count down. The movement will then commence to the next cone where they will hold their balance on their leg (Right) again, for 5 seconds. The children will then alternate each leg until they have reached the end of the grid. * To make this slightly more challenging, a bean bag will be introduced and now the children will be encouraged to make their way to the end of the grid with the bean bag on their head, drop it in the hoop and then using the agility the children will make their way back. This will be practiced two times before making it into a racing situation/ Hand to eye co-ordination can be introduced and also encouraged. | | | 1 Coaching points:  **Use of agility**  2. Safety points:  **Children aware of spatial awareness**  1 Coaching points:  **Teamwork**  **Balance**  **Co-ordination**  2 Safety points:  **Not to go too fast**  **Listen to all instructions**  **Ensure children look around and do not bump into each other.** |
| Cool Down(10mins)  **Get all the children to move around the hall slowly, making sure each child is breathing and starting to calm down** | | | Safety points:  **Make sure your sensible and not running to quick and watching were you are going.** |
| RED  Make the distance smaller | AMBER  standard | GREEN  Increase the distance | Outcome of the session:  **Starting to understand the meaning of the word Agility, Balance, Co-ordination** |