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| ***Class: Y4*** |
| ***Lesson: Skill COMPONENTS (CO-ORDINATION)*** |
| ***Lesson Objective:***  USING TWO OR MORE BODY PARTS AT THE SAME TIME |
| ***Resources:***  CONES |

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| ***Warm Up:***  JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW.  **Coaching Points:**  ***Safety Points:***  BE AWARE OF WHOS AROUND |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  PARTICIPANTS WILL BE SPLIT PAIRS, BETWEEN THEM, THEY WILL HAVE A TENNIS RAQUETTE AND A BALL. AFTER NUMBERING THEMAELVES 1 AND 2, THEY WILL TAKE IT IN TERNS TO MOVE AROUND THE HALL, HOLDING THE BALL ON THE RAQUETE. NEXT, THEY WILL DO IT WITH ONE HAND, FINALLY THEY WILL SEE IF THEY CAN KEEP IT UP.  **Coaching points:**  EYE CONTACT, CONCEBTRATION, BALANCE OF THE RAQUETE  ***Safety Points:***  BE AWARE, |
| ***Warm Down***:  JOGGING, WALKING, FOLLOWED BY STATIC STRECHES.  **Coaching Points:**  ***Safety Points***:  BE AWARE OF WHOS AROUND |
| ***Plenary:*** |

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| RED:  GIVE THEM LONGER TO COMPLETE THE TASK |
| AMBER:  STANDARD SESSION |
| GREEN:  GIVE THEM LESS TIME TO COMPLETE THE TASK |