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| ***Class: Y3*** |
| ***Lesson: Skill COMPONENTS (AGILITY)*** |
| ***Lesson Objective:***  CHANING DIRECTION QUICKLY |
| ***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 INTO 4 GROUPS. YELLOW, RED, BLUE, GREEN.  ONE AT A TIME THEY WILL RUN OUT COLLECT ANY CONE AND PUT IT IN ANY HOOP. NEXT LEVEL WILL BE FOR THEM TO RUN OUT GET THEIR COLOURED CONE AND PUT IT IN ANY HOOP, FINALLY THEY WILL COLLECT THEIR COLOURED CONE AND PUT IT IN THEIR COLOURED HOOP.  **Coaching points:**  AGILE, QUICK MOVEMENTS  ***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 |