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| ***Class:*** Year 1 & 2 |
| ***Lesson:*** Football |
| ***Lesson Objective:***   * Ball Manipulation * Spatial Awareness * Using both feet when touching the ball * Communication * Head movement 360 degree angles |
| ***Resources:***   * Tennis Balls * Discs * Cones |

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| ***Warm Up:***  The class will be split into 2. The children will be separated and stand opposite each other. There will be a line of discs in the middle of the hall, and the idea is to ‘clean your room’ The winning team will be the team that has no footballs on their side. The coach will go through the technique of how to kick a football before the warm up commences.  **Coaching Points:**   * Movement * Spatial Awareness * Communication * Little touches of the tennis ball   ***Safety Points:***   * Sensible Behaviour * Listening Skills * Hall objects |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Shark Attack  All the children will have a football. There will be discs placed around the hall. There will be one shark. The children will have to move round the hall with the football. When the coach shouts SHARK ATTACK the children have to get themselves to a cone to save themselves.  Progression  Instead of having the cones scattered there will be different coloured cones in all four corners:   * Red * Blue * Orange * White   The children will now be split into four groups and will now represent that colour. The shark can now go after anyone with a football. Those children without a ball will act as a decoy. This will help those with a ball and the shark on their agility and vision. The team with the most children back in their corner will be declared the winner.  **Coaching points:**   * Agility * Co-ordination * Movement with head   ***Safety Points:***   * Sensible Behaviour * Listening Skills * Hall objects |
| ***Warm Down***:   * Gentle breathing * General light movements around the hall   **Coaching Points:**   * Ensuring lesson objective has been met * Questions asked about session   ***Safety Points***:  N/A |
| ***Plenary:***  More work required with children and their spatial awareness.  Co-ordination also will require more attention. |

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| RED:  Make the distance smaller |
| AMBER:  standard |
| GREEN:  Increase the distance, more touches of the ball |