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| ***Class: Elmwood*** |
| ***Lesson: Games 1 (champ)*** |
| ***Lesson Objective:***  Working on reaction, agility and speed |
| ***Resource***  Champ grid and basket balls |

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| ***Warm Up:***  In a circle and bounce pass a ball around for 30 seconds. The ball has to go across to the other side always, at the end of the time whoever has the ball has 10 seconds to catch three players.  **Coaching Points**:  Push from the chest  Power of pass  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Play in the four box grid. One player is king who start the game by serving (first bounce the ball in their square then with one hand push to another player’s box). To get a player out one player must bounce the ball in another player’s box without then being to hit it on.  **Coaching points:**  Hand to ball coordination  power  aim  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Warm Down*:**  **Kids warm down by stretching**  **Coaching Points:**   * Support and develop the ideas children create.   ***Safety Points*:**   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Plenary:***  Ask them how many players they were able to tagged, and if they were tagged at all |

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| RED: |
| AMBER: |
| GREEN: |