

|  |
| --- |
| ***Class: Y1 and 2***  |
| ***Lesson: Skill COMPONENTS (DYNAMIC BALANCE)*** |
| ***Lesson Objective:***CONTROLLING YOUR BODY WHILST MOVING  |
| ***Resources:***CONES |

|  |
| --- |
| ***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 ASKED BALANCE ACROSS, BENCHES, ROPES, AND OTHER STRAIGHT EQUIPMENT, TO PROGRESS THIS, THE PARTICIPANTS WILL BE TIMED TO SEE IF THEY CAN KEEP THEIR BALANCE WHILST MOVING QUICKLY.**Coaching points:**CONCENTRATION, AWARNESS, GOOD WEIGHT DISTRBUTION, GOOD TECHNIQUE ***Safety Points:***BE AWARE,  |
| ***Warm Down***:JOGGING, WALKING, FOLLOWED BY STATIC STRECHES. **Coaching Points:*****Safety Points***:BE AWARE OF WHOS AROUND  |
| ***Plenary:*** |

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