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| **Jc Academy Logo.pngThursday Lunch time club** Lesson: Netball | | | |
| Resources: Netballs/Discs/Bibs/Cones | | | |
| Warm Up  Time Bomb- Children will be placed in a circle and will have to chest pass the ball around the circle within 10 seconds, whoever has the ball after 10 seconds will be out. Different types of passing will be brought into the game to challenge to the children and familiarise them with the types of passes in netball (chest pass, overhead pass, bounce pass) | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  The rules and regulations of net ball will be explained and then 3 team captains will then be picked and they will pick teams and be told the rules of the tournament. The tournament will begin and the team that’s not playing will be the ball boys. Each game will last 3 minutes. Teams will swap over accordingly and the winners will remain on the pitch. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Points will be counted in by each team and the winning team will be the weekly champions. When called into lunch children will sidestep into lunch. | | | Safety points:  **watching where you are going.** |
| RED  Amend Session to ensure children are learning | AMBER  Make lesson slightly harder to challenge those children who are excelling | GREEN  The lesson will be progressed to make it harder and more detailed | Outcome of the session:  **Working on the set position and understanding of techniques** |