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| **Jc Academy Logo.pngWednesday Lunch time club** Lesson: Games |
| Resources: Balls/Discs/Bibs/Cones |
| Warm UpSwitch- Children will be put into pairs with each pair numbering themselves number 1 or 2, number 1 will stand in front of number 2 and number 2 will put hands on number 1 shoulders. Number 1 will then explore the area with number 2 following, when coach says“switch” number 1 and 2 switch positions. | Coaching points: **Listen****Concentrate****Don’t start too quick**  |
| Safety points:**Area will be checked** |
| Main Activity (35mins):The ABC skills will be explained and how we use them in sports and our day to day lives, Children will then be placed into teams and play a game of “Robin Hood”, a fun game where teams work together to collect as many items as they can. The team with the most items will be the winning team. A game of “Time bomb” will then be played where children will have to pass a ball around a circle within 10 seconds, both games incorporating the ABC skills. | 1 Coaching points:Co-ordinationTechnique Ball work 2. Safety points:Sensible Behaviour Listening Skills1 Coaching points:Accuracy AwarenessCommunicationFootworkReactionTeamwork2 Safety points:Sensible behaviour Listening Skills |
| Cool Down(10mins)Children will be to pair and share with a partner what they think teamwork is and why it is important, and also be asked about the ABC skills and where they have used them today. When called into lunch children will walk into lunch. | Safety points:**watching where you are going.** |
| REDAmend Session to ensure children are learning | AMBER Make lesson slightly harder to challenge those children who are excelling | GREENThe lesson will be progressed to make it harder and more detailed | Outcome of the session: **Working on the set position and understanding of techniques** |