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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 warm up will consist of all the children having a football. We will incorporate some maths into the warm up. We will be concentrating on using different parts of the foot. The coach will call out different parts of the foot to touch the ball with. For example, the coach will say toe taps, each of the children now have to count how many times they have completed their toe taps. The coach will then ask the children to move the ball from side to side using both feet- The coach will then ask the children how many times each child has completed that task.  **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)***  Cowboys & Indians  This lesson will concentrate on the amount of touches of the football. One Cowboy will stand at the opposite end of the hall. All the Indians will have a football at their feet and they will be given numbers 1-5, when those numbers are called, all the children will have to make their way to the other end of the hall. The reason for the numbers is that all the children have enough space to be able to move with the football.  Individual Football enhancement  All the children will now be placed into groups of 5. There will be a line of discs in front of her. All the children will now move slowly in and out of the cones until they get to the very end. They will then leave the ball at one end, run back, high five the next person who will then go and collect the ball and bring it back going in and out of the cones.  **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 |