

|  |
| --- |
| ***Class: Y4*** |
| ***Lesson: Skill COMPONENTS (SPEED)*** |
| ***Lesson Objective:***  ONE PLACE TO ANOTHER PLACE QUICKLY |
| ***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 SPLIT INTO 4 GROUPS. THEY WILL NEED TO RUN AS AFAST AS THEY CAN TO THE TOP OF THE CONES THEN BACK DOWN, EACH PERSON IN THEIR GROUP WILL TAKE IT IN TERNS.  **Coaching points:**  QUICK MOVEMENTS, STRAIGHT SPRINTING  ***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 |