

|  |
| --- |
| ***Class:*** Year 4 (Week 3) |
| ***Lesson: Hockey*** |
| ***Lesson Objective****:*  Understanding the game of Hockey including rules, regulations and skill components |
| ***Resources*** Hockey Sticks/Tennis Ball/Cones/Discs |

|  |
| --- |
| ***Warm Up:***  Children will be asked to move around the hall using all the skill components that we have worked on such as Agility, Balance, Co-ordination and reactions. These will include Jumping/Hopping/Skipping.  **Coaching Points:**  Agility  Balance  Co-ordination  Reaction Skills  ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***   * All children will now be put into pairs * They will have a go at moving with the ball * For now, it will just straight lines from one end to the other * Then there will be cones placed in and around the hall, in the pairs they will now move around the hall moving through all the different gates   **Coaching points:**   * Technique * Movement with the ball * Hand to stick co-ordination * Balance   ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Warm Down***:  Gentle Jogging  Understanding the importance of a warm down  Question time with Mr Jarvis  **Coaching Points:**  Breathing Techniques  Slowing the heart rate down  ***Safety Points***:  Awareness  Good behaviour  Awareness of surroundings |
| ***Plenary:*** |

|  |
| --- |
| RED:  Break down session such as passing routines |
| AMBER:  All children adequate at movement |
| GREEN:  Adjust session to suit |