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| ***Class: Year 3 & 4*** |
| ***Lesson: Developing Skills*** |
| ***Lesson Objective:***  To develop and explore their range and consistency of their skills in net and wall games and exercises. |
| ***Resources: Hoops, Balls, Cones.*** |

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| ***Warm Up:*** *Children* will begin in a square with a hoop in the middle in groups of 4. They will work again on their handling and control of the ball. They will all be numbered 1-4 and must have one hit each at bouncing the ball in the hoop, attempting to keep it bouncing at least three times round the circle.  **Coaching Points:** Make sure kids remain patient and keep one hit at a time until it comes back around to them.  ***Safety Points:*** *Make sure children hands* are kept down so they don’t flail near anyone else. |
| ***Main Activity:*** *Children will be lined up opposite each other in a number of groups. They must bounce the ball on the ground first, then hit the ball to the opposite before running to the back of the other line. This will begin to incorporate movement within Net and Wall sports while keeping control of the ball.*  *If excelling, they will be able to move to hitting the ball directly back without holding and bouncing the ball first.*  **Coaching points:** Children must make sure to run a certain way depending on their side to avoid clashing into each other.  ***Safety Points:*** |
| ***Warm Down***: Children will end with a competition of the Warm Up to see which group can keep the ball alive the longest. This will encourage people to focus and give them something to win at the end of the lesson.  **Coaching Points:** Make sure the people that don’t win are still celebrated and having fun.  ***Safety Points***: |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |