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| Jc Academy Logo.pngSubject: **Multi-Skills** Year: **2** Lesson: **Basic Movements & Understanding Spatial Awareness** | | | |
| Resources: **Discs, Bibs, Cones, Balls** | | | |
| Warm up (15mins):  **Home James**  Place discs (Different Colours) in and around the hall. The children will then move around the hall using different movements. Once the Coach blows his whistle the children have to move to a disc that is placed on the floor. More than one child can stand behind the disc once the whistle is blown. To expand on this warm up the coach will call out a different colour at any one time, children will then have to make their way to that cone. This warm-up will encourage the children to get their head up and move around the hall safely. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Co-ordination Floor Movements & Patterns  Put all children into groups of 5. Then place discs in different places around the hall. For example, place blue discs in and around the hall then one team of children are allotted that colour. Once this has been done, the instructions will be as follows:  Each team will have a different coloured disc that they have to make their way to…The discs will not be placed in a straight line they will be dotted all around the hall. Each team will then proceed to touch each disc before making their way back. Run through the scenario a few times, then the children will then race against each other.  To progress this and challenge the children, give them a different colour that they have to go to. This will encourage each child to concentrate and move in different directions.  Once that has been done and the children get the idea. All teams will go against each other. The discs will now be picked up by the children, this will include having to do certain movements before they pick the disc up. This will include hopping, Jumping and moving backwards, bring agility into play and the main learning objective will be co-ordination, however, fundamental movements will be incorporated into the lesson. | | | 1 Coaching points:  **Use of agility**  **Head movement**  **Moving around the hall**  **Communication**  2. Safety points:  **Children aware of spatial awareness**  1 Coaching points:  **Teamwork**  **Co-ordination**  2 Safety points:  **Not to go too fast**  **Listen to all instructions**  **Ensure children look around and do not bump into each other.** |
| Cool Down(10mins)  **A game of sleeping lions will be plated to calm the children’s breathing down and to stretch all the muscles that have been used during the lesson.** | | | Safety points:  **Make sure your sensible and not running to quick and watching were you are going.** |
| RED  Make the distance smaller | AMBER  standard | GREEN  Increase the distance | Outcome of the session: |