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| ***Class: Y4*** |
| ***Lesson: Skill COMPONENTS (STATIC BALANCE)*** |
| ***Lesson Objective:***  CONTROLLING YOUR BODY WHILST BEING STILL |
| ***Resources:***  CONES |

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| ***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 ASKED TO MOVE AROUND THE ROOM, WHEN FREEZE IS SHOUTED OUT, THEY WILL NEED TO HOLD THEIR POSITION (STILL) UNTILL THEY ARE TOLD TO GO AGAIN. NEXT THEY WILL NEED TO HOLD THEIR POSTION IN BIGGER HOOPS THEN SMALLER HOOPS.  **Coaching points:**  CONCENTRATION, AWARNESS, GOOD WEIGHT DISTRBUTION  ***Safety Points:***  BE AWARE, |
| ***Warm Down***:  JOGGING, WALKING, FOLLOWED BY STATIC STRECHES.  **Coaching Points:**  ***Safety Points***:  BE AWARE OF WHOS AROUND |
| ***Plenary:*** |

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| RED:  GIVE THEM LONGER TO COMPLETE THE TASK |
| AMBER:  STANDARD SESSION |
| GREEN:  GIVE THEM LESS TIME TO COMPLETE THE TASK |