

|  |
| --- |
| ***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.*** |

|  |
| --- |
| ***Warm Up:*** *Maintaining a rally between different groups is important today. We will start with maintaining a rally with the big, bouncy balls before trying to use smaller tennis balls to simulate a tennis rally, just without a racket.*  **Coaching Points:** It’s important children get used to the smaller balls and being able to use their coordination to keep control of it.  ***Safety Points:*** |
| ***Main Activity:*** *For children that excel in the warm up, they will move onto using rackets and balls. They will first get used to the racquet, ball and the difference between the previous bouncy balls. They will begin just keeping control of the ball on their racket trying to get ten consecutive hits without dropping the ball.*  *For children that are still using bouncy balls, they must be in a game of hand tennis. You can start with the same drop and hit method to begin with but when able to, move them onto a game of hand tennis.*  **Coaching points:** Make sure children stay patient when hitting the ball and remind them about their hand-eye coordination from the first term.  ***Safety Points:*** *Children must have their own space to make sure they won’t hurt anyone if swinging the racquet.* |
| ***Warm Down***: For the warm down, children will discuss how the same skills transfer between different sports and using different equipment. How the same skills are used in badminton and tennis despite using different tools.  **Coaching Points:** Allow them to demonstrate how the same actions are used with the different tools.  ***Safety Points***: |
| ***Plenary:*** |

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