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| Jc Academy Logo.pngSubject: **Multi-Skills** Year: 1 Lesson: **Multi-Skills (Racket and Ball-Co-ordination)** |
| Resources: |
| Warm up (15mins):The children will have a game of Cowboys and Indians. Working on their movement and Co-ordination. This will include them changing directions, and to try and avoid being tagged. Make sure all children have a go at being either the cowboy/girl. And ensure that the bibs are tucked properly in their shorts and that they are on show. | Coaching points: **Listen****Concentrate****Don’t start too quick**  |
| Safety points:**Area will be checked** |
| Main Activity (35mins):IntroductionThe topic of today’s lesson is to ensure that all the children are holding the racket correctly. Once this has been established we will now concentrate on what part of the racket we will be hitting the ball with. Each child will get themselves into pairs. The child with the racket will now also have the ball. The children will now have to underarm throw the ball and try to hit the ball with the racket. The coach will be looking at the transition and co-ordination between racket and ball. The ball will hopefully end up with their partner who is standing opposite them.The coach will demonstrate the correct technique for completing this task. ProgressionThe progression will now be that the children have to hit the ball of the floor so it bounces straight to their partner. Start with each child being approximately 5 feet away, although this can be amended to suit. Once the children have had 5 goes they will rotate with their partners and then those children will have a go. | 1 Coaching points:Co-ordinationTechnique Ball work CommunicationHand Position on RacketAccuracyCo-Ordination2. Safety points:Sensible Behaviour Listening Skills1 Coaching points:Accuracy AwarenessCommunicationHand positionCo-OrdinationTechniqueMovement2 Safety points:Sensible behaviour Listening Skills |
| Cool Down(10mins)**Slow movement around the hall, using different breathing techniques** | Safety points:**watching where you are going.** |
| REDAmend Session to ensure children are learning | AMBER Make lesson slightly harder to challenge those children who are excelling | GREENThe lesson will be progressed to make it harder and more detailed | Outcome of the session: **Working on the set position and understanding of techniques** |