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| Jc Academy Logo.pngSubject: **Multi-Skills** Year: 1 Lesson: **Throwing and Catching** | | | |
| Resources: | | | |
| Warm up (15mins):  The children will begin with a game of Swim, Fishy Swim, All the children will move around the hall going in different directions. The fish, if caught then has to act like sea- weed and stand still waving their arms. This will challenge the other fishes to move around the hall using their eye’s and rotating their heads to ensure there are no collisions. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  In pairs the lesson will cover what the lesson outcome was last week. The coach will be reinforcing how to catch a ball and throw a ball underarm. The coach will then be working on communication. Still in pairs the children will carry on throwing and catching the ball.  The children will be put into groups of 6. They will stand in front of each other and pass the ball from side to side- until the last person – who will then make their way to the front, Where they will begin the process again.  Progression  The children will now pass the ball under their legs, and repeat the process again, working on different body positions when receiving the ball.  A hoop will be placed at the end of the hall, the other group of children will carry on completing the same tasks- However, when it gets to the last child they have to make their way to the front and attempt to throw the ball into the hoop. If they get it into the hoop they will progress and start the process again, If they do not they cannot go until they have got the ball into the hoop. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Throwing technique  Footwork  Reaction  Teamwork  2 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.** |
| RED  Amend Session to ensure children are learning | AMBER  Make lesson slightly harder to challenge those children who are excelling | GREEN  The lesson will be progressed to make it harder and more detailed | Outcome of the session:  **Working on the set position and understanding of techniques** |