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| Jc Academy Logo.pngSubject: **Multi- Skills** Year: **2** Lesson: **Agility, Balance, Co-ordination** | | | |
| Resources: | | | |
| Warm up (15mins):  **This warm up will consist of fundamental movements. There will be different coloured discs placed around the hall. When the coach calls a certain colour, all the children will move to that colour cone (There will be more of the same colour placed down). Once this has been done they will move around the hall walking backwards, ensuring our heads are moving side to side to ensure the children are working on their awareness. When the coach calls a colour the children, not only have to walk backwards, but will have to carry out a movement before they make their way to the cone the children will have to hop 3 times before they make their way to a said coloured cone.** | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  .  Agility  Set 4x corners with discs and a square in the middle- Each child 1 at a time will move into the centre, turn around and make their way back to their corner. This is to learn the route in which they will be taking.  This time add some materials in the centre square. This can be tennis balls or bean bags. This time each child will now pick up one item each and take it back to their square. The team with the most bean bags will be the winners.  Now, the quickest team will have to race to put the items back into the square. Focusing on their agility and co-ordination.  To progress this game now. There will be discs leading up to the square in the middle. The children will now have to hop in and out of the discs before they can pick their item up- This will be the same on the way back. We can then stop and discuss what other movements could be carried out before we get to the middle- such as backwards and side to side.  To finish the game each team can now make their own way around the different squares and steal to bring all the items back to their square. | | | 1 Coaching points:  **Agility**  **Team work**  **Floor movements**  2. Safety points:  **Spatial awareness**  1 Coaching points:  **Teamwork**  **Decision making**  **Quickness**  2 Safety points:  **Spatial awareness**  **Move slowly to learn certain aspects of what they are learning.** |
| Cool Down(10mins)  **Slow movements working on the breathing, and discussing what has been the learning objective and whether it has been met.** | | | Safety points:  **watching where you are going.** |
| RED  Change structure of lesson. Break it down more slowly for those that are struggling | AMBER  Ask the children questions and observe whether the children are gaining confidence from what they are doing. | GREEN  The lesson can now be progressed further, this can be enhanced during the lesson. | Outcome of the session:  **Objective to understand about Agility, Balance and Co-ordination.** |