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| ***Class:*** Year 1 & 2 |
| ***Lesson:*** Football |
| ***Lesson Objective:***   * Ball Manipulation * Spatial Awareness * Using both feet when touching the ball * Communication * Head movement 360 degree angles |
| ***Resources:***   * Tennis Balls * Discs * Cones |

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| ***Warm Up:***  All the children will have a football each, they will move around the hall having as many touches as they can. The coach will then call out a body part. Once this has happened the children will put their foot on the ball, while touching that body part. For example, the coach calls out head, the children will put their foot on the ball, while carrying out that instruction.  **Coaching Points:**   * Movement * Spatial Awareness * Communication * Little touches of the tennis ball   ***Safety Points:***   * Sensible Behaviour * Listening Skills * Hall objects |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Cups & Saucers  Working on the children and how many touches of the ball they are having, the group will be split into two. The children will now race to the opposite sides of the hall, the first group to do this will be declared the winners.  Now that the children have had more touches of the ball- we will now be working on their co-ordination, so this time as they are moving with the football’s they now have to turn a disc either the right way, or turn it upside down, while keeping control of their footballs.  King of the Ring  There will be two grids set up in the hall. The groups will be split into 4. By rotating all the children will have a go at trying to kick the ball out of the grid, if they complete this and are the last person standing, then they become king of the ring  **Coaching points:**   * Agility * Co-ordination * Movement with head   ***Safety Points:***   * Sensible Behaviour * Listening Skills * Hall objects |
| ***Warm Down***:   * Gentle breathing * General light movements around the hall   **Coaching Points:**   * Ensuring lesson objective has been met * Questions asked about session   ***Safety Points***:  N/A |
| ***Plenary:***  More work required with children and their spatial awareness.  Co-ordination also will require more attention. |

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| RED:  Make the distance smaller |
| AMBER:  standard |
| GREEN:  Increase the distance, more touches of the ball |