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| ***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.*** |

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| ***Warm Up:*** *Children will begin with a game of Foursquare. They will aim to keep control of the ball determining the correct amount of power to get the ball over the lines into the opponent’s square. They must match the pace of the game to avoid being relegated to lower groups.*  **Coaching Points:** Allow children time and try to group correctly according to skill level for all kids.  ***Safety Points:*** |
| ***Main Activity:*** *Sending and Receiving will be key during this game. There will be a pitch split into two sides. Each team will have one player in the opposite half in a box, unopposed. Kids will have a tennis racquet and must try to hit a soft ball to their teammate in the opposite box to earn a point.*  **Coaching points:** Make sure kids understand the use of power and angles and do not try to just hit the ball through the defence but instead, find a way through.  ***Safety Points:*** *Make sure bats are not being swung around and instead only used when enough space is given.* |
| ***Warm Down***: Just like Foursquare, kids will play but this time with racquets, trying to keep the ball up without dropping the ball. Groups will work together however, against other groups to see who can keep it up for the greatest number of hits or longest time.  **Coaching Points:**  ***Safety Points***: There must be enough space between the children, so they avoid any desperate swings of the bat. |
| ***Plenary:*** |

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| AMBER: |
| GREEN: |