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| Jc Academy Logo.pngSubject: **Multi-Skills** Year: **1** Lesson: **Agility/Balance and Co-ordination** | | | |
| Resources: | | | |
| Warm up (15mins):  Movement around the hall using all the techniques that all the children have learned over the past few weeks. Coach will shout one, each child will stand on one leg and balance, while touching their nose by extending their arm. The coach will then shout two and all children will then change direction. The coach will then shout three and the children will attempt to move backwards, ensuring that they are using the correct head movements. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  All children will be put into groups of 5. There will be different coloured discs that will be placed on the floor. Each group will be assigned their own coloured disc. The first team to collect all their discs and put them in their hoop will be the winners. The children will go one by one so they can be assessed on their agility balance and co-ordination.  Each group will now be given different colour discs to pick up, this can help them with their co-ordination and concentration skills. The children will now be assessed on their awareness skills.  To progress this further, Each child has to now perform a different movement before they pick up a disc.   1. Jumping 2. Skipping 3. Moving backwards 4. Hopping   And then for the final movement, the children can also recommend a different movement. | | | 1 Coaching points:  Agility  Balance  Co-ordination  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Speed  Awareness  Communication  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** |