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| ***Class: YEAR 4*** |
| ***Lesson: NETBALL PASSING*** |
| ***Lesson Objective:***  TO USE THE CORRECT TECHNIQUE TO PASS A NETBALL. |
| ***Resources: NETBALL, CONES*** |

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| ***Warm Up:***  Move around the area using different stretches. The stretches will be involved but are not exhaustive of- Jumping/Hopping/Touching knees (Dynamic Stretches)  **Coaching Points:**  ***Safety Points:***  **Area will be checked** |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  The start of the session will be for the participants to get into groups of 5, they will learn how to pass the ball, using a bounce pass by passing the ball to each other in lines and joining the back, Next will be for the participants to get into groups of 5, they will learn how to pass the ball, using a chest pass.  **Coaching points: (W) hands to receive**  **Only bounces once**  **Around 75% between you and your target it should bounce**  **Arms should be in an upside down V position**  **Stand with one leg in front to gain power on your pass.**  ***Safety Points:***  **Listening**  **Safety Movements**  **Spatial Awareness** |
| ***Warm Down***:  **Movement around the area- Using various breathing techniques and static stretches**  **Coaching Points:**  ***Safety Points***: |
| ***Plenary:***  To understand how to perform a bounce and chest pass |

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| RED: Decrease the distance |
| AMBER:  STANDARD SESSION |
| GREEN: Increase the distance |