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| **Jc Academy Logo.pngTuesday Lunch time club** Lesson: Basketball | | | |
| Resources: Balls/Discs/Bibs/Cones | | | |
| Warm Up  Gates- Children will be given a basketball and be placed in a coned box which has different coloured cones gates within, Children will have to dribble with the basketball and when a colour has been called by the coach, the children have to dribble their ball through the coloured gate using good control. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  The rules and regulations of basketball will be explained (what is a double dribble? What is travelling? Etc.)  3 team captains will then be picked and they will pick teams and be told the rules of the tournament.  The tournament will begin and the team that’s not playing will be the ball boys. Each game will last 3 minutes.  Teams will swap over accordingly and the winners will remain on the court. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Points will be counted in by each team and the winning team will be the weekly champions. When called into lunch children will hop into lunch. | | | 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** |