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| ***Class:*** Year 4 (Week 5) |
| ***Lesson: Hockey*** |
| ***Lesson Objective****:*  Understanding the game of Hockey including rules, regulations and skill components Including: Shooting/Defending/Teamwork |
| ***Resources*** Hockey Sticks/Tennis Ball/Cones/Discs |

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| ***Warm Up:***  Children will be asked to move around the hall using all the skill components that we have worked on such as Agility, Balance, Co-ordination and reactions. These will include Jumping/Hopping/Skipping.  **Coaching Points:**  Agility  Balance  Co-ordination  Reaction Skills  ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  ***GAMES***  **Coaching points:**   * Technique * Movement with the ball * Hand to stick co-ordination * Balance * Shooting   ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Warm Down***:  Gentle Jogging  Understanding the importance of a warm down  Question time with Mr Jarvis  **Coaching Points:**  Breathing Techniques  Slowing the heart rate down  ***Safety Points***:  Awareness  Good behaviour  Awareness of surroundings |
| ***Plenary:*** |

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| RED:  Break down session such as passing routines |
| AMBER:  All children adequate at movement |
| GREEN:  Adjust session to suit |