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| ***Class:*** Year 5 (Week 3) |
| ***Lesson: Hockey*** |
| ***Lesson Objective****:*Understanding the game of Hockey including rules, regulations and skill components |
| ***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:**AgilityBalanceCo-ordination Reaction Skills***Safety Points:***AwarenessGood Behaviour Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)**** All children will now be put into pairs
* They will have a go at moving with the ball
* For now, it will just straight lines from one end to the other
* Then there will be cones placed in and around the hall, in the pairs they will now move around the hall moving through all the different gates

**Coaching points:*** Technique
* Movement with the ball
* Hand to stick co-ordination
* Balance

***Safety Points:***AwarenessGood Behaviour Awareness of surroundings  |
| ***Warm Down***:Gentle JoggingUnderstanding the importance of a warm down Question time with Mr Jarvis**Coaching Points:**Breathing TechniquesSlowing the heart rate down***Safety Points***:AwarenessGood 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  |