|  |  |  |  |
| --- | --- | --- | --- |
| Jc Academy Logo.pngSubject: basketball Year:3/4 lesson: Movement | | | |
| Resources: basket ball, cones, | | | |
| Warm up (15mins):  **warm-up will consist of pupils running in a zone. When I shout go they will run on the spot as fast as they can until I say. They will do the same using star jumps and jumping jacks. Dynamic stretches will follow including lunges, open/close gate and side to side stepping. Arms will need to be well stretched.** | | | Coaching points:  **Concentrate**  **Be sensible**  **Don’t start of to fast** |
| Safety points:  **Area checked** |
| Main Activity (35mins):  1)  **First part of the session will be for participants to identify space, I will start by putting cones around the area, so they can run to each cone and move to the next one. (This will be done without a ball)**  **2)**  **The second part of the session will be similar, but they will have a ball involved, not only will they need to look for space and make the correct movement, they will also need to work on their correct technique when passing the ball to a team mate.** | | | 1 Coaching points:  **Use vision to identify the space**  **Make the correct movement to receive the ball**  **Don’t stand still when calling for the ball**  1 Safety points:  **be aware of who is around you**  **safe distance between other groups**  2 Coaching points:  **Use vision to identify the space**  **Make the correct movement to receive the ball**  **Don’t stand still when calling for the ball**  2 Safety points:  **be aware of who is around you**  **safe distance between other groups** |
| Cool Down(10mins)  **A slight jog down into a walk will be the main cool down, with static stretches following.**  **Arms, legs and neck will all be stretched out.** | | | Safety points:  **Concentrate**  **Be sensible**  **Don’t start of to fast** |
| RED  Increase the size of the court | AMBER  Standard session | GREEN  Decrease the size of the court | Outcome of the session:  **To use vision and create space to receive the ball** |