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| ***Class: Y1*** |
| ***Lesson: FOOTBALL (TOURNAMENT)***  |
| ***Lesson Objective:***TO PLAY A COMPETAIVE FOOTBALL MATCH  |
| ***Resources:***FOOTBALL, CONES, BIBS, GOALS  |

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| ***Warm Up:***JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW. **Coaching Points:*****Safety Points:***BE AWARE OF WHOS AROUND  |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***PARTICPANTS WILL PLAY A COMPETATIVE FOOTBALL MATCH IN THEIR HOUSE GROUPS, EARNING POINTS AND USING ALL THE COACHING POINTS THEY HAVE LEARNED IN PREBVOUS SESSIONS.**Coaching points:**PREVIOUS SESSION PLAS FOR COACHING POINTS ***Safety Points:***BE AWARE,  |
| ***Warm Down***:JOGGING, WALKING, FOLLOWED BY STATIC STRECHES. **Coaching Points:*****Safety Points***:BE AWARE OF WHOS AROUND  |
| ***Plenary:*** |

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| RED:BIGGER FOOTBALL PITCHES (MORE TIME TO THINK) |
| AMBER:STANDARD SESSION  |
| GREEN:SMALLER FOOTBALL PITCHES (LESS TIME TO THINK)  |