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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) |