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| ***Class: Elmwood*** |
| ***Lesson: Games 1 (relay race)*** |
| ***Lesson Objective:***  Working on reaction, and speed |
| ***Resource***  Cones and batons |

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| ***Warm Up:***  Start with a slow jog, then go into high knees, heel flicks and gates finish with a sprint  **Coaching Points**:  Get full stretch on movement  Arms and knee alternating  Ball of feet to toes  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Set up a big circle with a 10 metres diameter. First racers line up and do whole a lap, the second racers should be ready at the start. Second racers can’t go until they have the batons.  **Coaching points:**  transfer  ball of feet to toe  arm movement  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Warm Down*:**  **Kids warm down by stretching**  **Coaching Points:**   * Support and develop the ideas children create.   ***Safety Points*:**   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Plenary:***  Ask them how many players they were able to tagged, and if they were tagged at all |

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| RED: |
| AMBER: |
| GREEN: |