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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 movementArms and knee alternatingBall of feet to toes***Safety Points:*** * Make sure area is completely risk free of any spills, equipment etc.
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| ***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:**transferball of feet to toearm movement***Safety Points:**** Make sure area is completely risk free of any spills, equipment etc.
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| ***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.
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| ***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: |