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| ***Class: Year 3 & 4*** |
| ***Lesson: Developing Skills*** |
| ***Lesson Objective:***To develop and explore their range and consistency of their skills in net and wall games and exercises. |
| ***Resources: Hoops, Balls, Cones.*** |

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| ***Warm Up:*** *Touch and Move will be a game in which the children will be partnered up and will run towards their partner, hit a ball which will be thrown towards them back to their partner then run back to the cones before repeating these three times. They will then swap over.***Coaching Points:** This will work on children’s control of the ball while moving as well as delivering a ball from the other point.***Safety Points:***  |
| ***Main Activity:*** Children will play a game of tennis. They will be split into groups of 4 and will play doubles between each other. There will be two games running at once and the change over needs to be swift so children aren’t waiting too much.**Coaching points:** Encourage them to use a wide range of different hitting skills in games, eg forehand, backhand, soft shots, hard shots.***Safety Points:***  |
| ***Warm Down***: Children will discuss the importance of control during movement and the differences and changes within techniques when static and moving.**Coaching Points:** ***Safety Points***:  |
| ***Plenary:*** |

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