

|  |
| --- |
| ***Class: Y4*** |
| ***Lesson: Skill COMPONENTS (SPEED)*** |
| ***Lesson Objective:***ONE PLACE TO ANOTHER PLACE QUICKLY  |
| ***Resources:***CONES |

|  |
| --- |
| ***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)***PARTICIPANTS WILL BE SPLIT INTO 4 GROUPS. THEY WILL NEED TO RUN AS AFAST AS THEY CAN TO THE TOP OF THE CONES THEN BACK DOWN, EACH PERSON IN THEIR GROUP WILL TAKE IT IN TERNS. **Coaching points:**QUICK MOVEMENTS, STRAIGHT SPRINTING***Safety Points:***BE AWARE,  |
| ***Warm Down***:JOGGING, WALKING, FOLLOWED BY STATIC STRECHES. **Coaching Points:*****Safety Points***:BE AWARE OF WHOS AROUND  |
| ***Plenary:*** |

|  |
| --- |
| RED:GIVE THEM LONGER TO COMPLETE THE TASK |
| AMBER:STANDARD SESSION  |
| GREEN:GIVE THEM LESS TIME TO COMPLETE THE TASK |