|  |  |  |  |
| --- | --- | --- | --- |
| **Jc Academy Logo.pngThursday Lunch time club** Lesson: Handball | | | |
| Resources: Ball/Bibs/Cones/Discs | | | |
| Warm up (15mins):  Children will begin with a game of Time Bomb to get used to the smaller ball and ensure their reactions and speed are ready for the game. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Children will then get into a small round-robin format tournament while using different techniques of shooting throughout the game when the coach changes it up.  Working on what we have done over the past few weeks the children will work on hand position and teamwork.  The children will now have a go at hitting a target to work on their accuracy. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Children will then quiz on the rules and key words of handball before walking off to lunch. | | | Safety points:  **watching where you are going.** |
| RED  Amend Session to ensure children are learning | AMBER  Make lesson slightly harder to challenge those children who are excelling | GREEN  The lesson will be progressed to make it harder and more detailed | Outcome of the session:  **Working on the set position and understanding of techniques** |