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| Jc Academy Logo.pngSubject: Games Lunch Club  |
| Resources: Ball/Cones/Discs/Bibs |
| Warm up (15mins):Children will get into two teams and begin a game of Noughts & Crosses. Teams will work on not only getting three in a row for their team but also blocking the other team from making the three in a row. | Coaching points: **Listen****Concentrate****Don’t start to quick**  |
| Safety points:**Area will be checked** |
| Main Activity (35mins):Children will then get into two lines with their teams and be numbered 1 or 2. I will then call out numbers and the number that is called have to run to their side without being tagged by their partner.Coaching points will be running techniqueArm positioning while runningLeg positioning Starting position  | 1 Coaching points:MovementAgilityCo-ordination2. Safety points:Sensible BehaviourListening Skills1 Coaching points:MovementCo-ordination2 Safety points:Sensible behaviour Listening Skills |
| Cool Down(10mins)Children will then note the importance of being fast in what they do on and off the ball before running off to lunch. | Safety points: |
| REDMake the distance smaller | AMBER standard | GREENIncrease the distance | Outcome of the session: **Ball work** **Position**  |