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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 technique  Arm positioning while running  Leg positioning  Starting position | | | 1 Coaching points:  Movement  Agility  Co-ordination  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Movement  Co-ordination  2 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: |
| RED  Make the distance smaller | AMBER  standard | GREEN  Increase the distance | Outcome of the session:  **Ball work**  **Position** |