|  |  |  |  |
| --- | --- | --- | --- |
| Jc Academy Logo.pngSubject: **Multi-Skills** Year: 1 Lesson: **Multi-Skills (Racket and Ball-Co-ordination)** | | | |
| Resources: | | | |
| Warm up (15mins):  The children will start with a game of swim, fishy, swim. Working on their fundamental movements. We will incorporate the bibs into this warm up. Make sure that the children put their bibs in properly. Every time the children get their bib caught they have to stand still. The last child standing will be the winner. Ensure all children have a go at being the shark. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Introduction  Today’s lesson we will go through what we have done for the previous 3 weeks. We will go over our hand technique and ball hitting technique. This weeks lesson we will be concentrating on hitting a target- The idea will be to hit 2x tennis balls that will be situated in a hoop on top of discs. The children will be put into groups of 6 and will each get 1 go each to try and hit the tennis balls.  Progression  The progression will be to make it easier or harder, depending on how well the group as a whole does. We can add more tennis balls or take tennis balls away. The coach will be assessing the children to see how well they done in the following:   * Co-ordination * Technique * Movement * Accuracy * Racket Movement | | | 1 Coaching points:  Co-ordination  Technique  Ball work  Communication  Hand Position on Racket  Accuracy  Co-Ordination  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Hand position  Co-Ordination  Technique  Movement  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  **Slow movement around the hall, using different breathing techniques** | | | 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** |