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| 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):IntroductionToday’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.ProgressionThe 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-ordinationTechnique Ball work CommunicationHand Position on RacketAccuracyCo-Ordination2. Safety points:Sensible Behaviour Listening Skills1 Coaching points:Accuracy AwarenessCommunicationHand positionCo-OrdinationTechniqueMovement2 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.** |
| REDAmend Session to ensure children are learning | AMBER Make lesson slightly harder to challenge those children who are excelling | GREENThe lesson will be progressed to make it harder and more detailed | Outcome of the session: **Working on the set position and understanding of techniques** |