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| **Jc Academy Logo.pngWednesday Lunch time club** Lesson: Capture the Flag |
| Resources: Hockey Equipment/Bibs/Cones/Discs |
| Warm up (15mins):Children will warm up in a competition in which they race to pick a flag (bib) and run back to their line before their opponent. | Coaching points: **Listen****Concentrate****Don’t start too quick**  |
| Safety points:**Area will be checked** |
| Main Activity (35mins):Children will play a game of Capture the Flag, however, with it constantly changing to make it harder such as hopping or sidestepping back to your base.Working on footwork and Teamwork.The children will also work on their starting position when attempting to start racing. | 1 Coaching points:Co-ordinationTechnique Ball work 2. Safety points:Sensible Behaviour Listening Skills1 Coaching points:Accuracy AwarenessCommunicationFootworkReactionTeamwork2 Safety points:Sensible behaviour Listening Skills |
| Cool Down(10mins)Children will then tally up the scores before declaring a winner and hopping on one leg to lunch. | 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** |