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| **Jc Academy Logo.pngThursday Lunch time club** Lesson: Basketball | | | |
| Resources: Basketball/Bibs/Cones/Discs | | | |
| Warm up (15mins):  Basketball tag – Children will all have a ball each they will be bounce in the playing area when the coach shouts out TAAAGGGG the children must try knock out other child ball while protect their own ball. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Basketball match- Coach will split children into 4 team they will each play a match the two teams with the most point playing in the NBA ELMWOOD FINAL.  Children work on how to play basketball and the rules of the game. They will work on catching skills as well as shooting skills.  Running with the ball will be one of the aims the children will be working on. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Children will come in cool off grab a drink of water to hydrate and ask what activity they would like to do next week and walk off to lunch. | | | 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** |