|  |
| --- |
| * Subject: Year: lesson:
 |
| Resources: tennis racquets, balls and cones |
| Warm up (15mins):Simon says – Get all kids moving around the hall with different commends (hop,skip jump etc…) | Coaching points: agility/changing direction/balance |
| Safety points: |
| Main Activity (35mins):1)Grip work: split class up into groups of 5. Have a cone marker set across from team, each child must jog with the tennis racquet in hand up and around cone before handing to next person.2)Same set up but turning it into short races either hopping or running, always holding the racquet with the correct grip3) | 1 Coaching points: stiff wrist, thumb touching first finger1 Safety points:2 Coaching points: stiff wrist, thumb touching first finger2 Safety points:3 Coaching points:3 Safety points: |
| Cool Down(10mins)Recap of all skills used in session and what we have learned today. | Safety points: |
| RED | AMBER  | GREEN | Outcome of the session: |

