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| Jc Academy Logo.pngSubject: **Multi-Skills** Year: **1** Lesson: **Agility/Balance and Co-ordination** | | | |
| Resources: | | | |
| Warm up (15mins):  Traffic Jam-  All the children will move around the hall normally, working on their spatial awareness. To progress this cone off a certain area in which the children are not allowed to go out of. This will encourage children to move around with their heads up and not bump into each other. Traffic lights can be brought into this warm up. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  .  Get all the children into 6 groups of 5 and concentrate on speed and movement. Bring hoops and cones into the lesson. Racing games will commence.  1ST – All children will make their way to the end hoop where they will pick up a tennis ball and make their way back to their team.  2nd – All children will now hop their way to the end cone on one leg. When they get to the end cone they turn around and hop on the other leg.  3rd – This time all the children will make their way to the end and put themselves through the hoop and make their way back to the start.  4th- All children will now move backwards in/out of the cones. Using their head to look behind them and use their communication skills | | | 1 Coaching points:  Agility  Balance  Co-ordination  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Speed  Awareness  Communication  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** |