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| ***Class: Y4*** |
| ***Lesson: FOOTBALL (MOVEMENT)*** |
| ***Lesson Objective:***TO MOVE WITHOUT THE BALL CORRECTLY |
| ***Resources:***FOOTBALL, CONES, BIBS  |

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| ***Warm Up:***JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW. **Coaching Points:*****Safety Points:***BE AWARE OF WHOS AROUND  |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***PARTICPANTS WILL START BY JOGGING AROUND THE AREA WITH NO CONES, WHEN I SAY FREEZE, WHO EVER IS IN THE MOST SPACE WILL GET A POINT. CONES WILL BE LAYED OUT AND EACH INDIVIDUAL WILL RUN TO A CONE AND WAIT 2 SECONDS BEFORE FINDING ANOTHER CONE AND RUNNING TO IT. A BALL WILL BE INVOLVED WHERE THEY WILL NEED TO PASS, RUN TO ANOTHER CONE AND RECEIVE THE BALL AGAIN. **Coaching points:**LOOK AROUND, FIND SPACE, UTALIZE THE SPACE***Safety Points:***BE AWARE,  |
| ***Warm Down***:JOGGING, WALKING, FOLLOWED BY STATIC STRECHES. **Coaching Points:*****Safety Points***:BE AWARE OF WHOS AROUND  |
| ***Plenary:*** |

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| RED:BIGGER DISTANCES  |
| AMBER:STANDARD SESSION  |
| GREEN:SHORTER DISTANCE  |