

UNIT TITLE: CO-ORDINATION

TEACHER: MISS JOYCE

SESSION TOPIC: COMBINING SKILLS

SESSION NUMBER: 1

LESSON OBJECTIVES:

I CAN COMBINE TECHNIQUES PREVIOUSLY LEARNT AND USE THEM WITH NEW SKILLS

WARM UP:

OBJECTIVES:

- FOLLOWING INSTRUCTIONS
- USING THE SPACE I HAVE SAFELY AND EFFECTIVELY

QUESTIONS:

- WHAT CHANGES DO I FEEL HAPPENING TO MY BODY WHILST I WARM-UP?

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 30 SECONDS
2. STAR-JUMPS ON THE SPOT FOR 30 SECONDS
3. PUNCHING THE AIR FOR 30 SECONDS
4. TUCK JUMPS FOR 30 SECONDS
5. SQUATS FOR 30 SECONDS
6. REST FOR 60 SECONDS

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY?

- FOR EXAMPLE- TOUCHING OUR TOES AND REACHING TO THE SKY
- HOLD EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

ACTIVITY 1: TREASURE HUNT

OBJECTIVES:

- I CAN FIND THE SPACE IN THE AREA WHILST ON THE MOVE

QUESTIONS:

- WHICH DIFFERENT WAYS COULD WE MOVE WITH THE OBJECT, OTHER THAN THOSE MENTIONED ON THE LEARNER ACTIVITY?

LEARNER ACTIVITY:

1. EACH PLAYER HAS AN AREA TO STORE TREASURE IN. LOTS OF TREASURE WILL BE SCATTERED AROUND THE AREA I.E. ROLLED UP SOCKS.
2. PLAYERS COMPETE TO BRING THE MOST TREASURE BACK TO THEIR AREA.
3. STOP ONCE ALL TREASURE HAS BEEN TAKEN FROM THE MIDDLE OF THE AREA
4. ADD IN THE RULE THAT YOU CAN STEAL ONE PIECE OF TREASURE AT A TIME FROM OTHER TREASURE CHESTS, PLAY 2 MINUTES PER GAME
5. CAN WE CARRY THE TREASURE IN DIFFERENT WAYS I.E. BALANCE IT, SQUASH IT BETWEEN OUR KNEES ETC.

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY
- ADAPT ACTIVITIES WHERE NEEDED

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY



LIKE US ON FACEBOOK:
@YORKSHIRE SPORTS COACHING

CHANCE TO WIN 'ONE WEEK FREE ON OUR MULTI-SPORTS CAMP, WORTH £75'

PLUS LOTS MORE FUN ACTIVITIES AND CHALLENGES TO KEEP THE WHOLE FAMILY FIT AND ENTERTAINED!

ACTIVITY 2: TREASURE HUNT EXTENDED

OBJECTIVES:

1. MOVING SAFELY AROUND THE HOUSE
2. AWARE OF THE SPACE AROUND US

QUESTIONS:

1. HOW ELSE COULD WE CHANGE THE ACTIVITY TO MAKE IT EASIER/ HARDER FOR THE PARTICIPANTS

LEARNER ACTIVITY:

1. FOLLOW THE SAME INSTRUCTIONS AS BEFORE. HOWEVER THIS TIME THE TREASURE WILL BE SAFELY HIDDEN AROUND THE HOUSE.
2. PLAYER 1 HIDES THE TREASURE SAFELY, ONCE ALL IS HIDDEN PLAYER 2 WILL BE TIMED ON HOW LONG IT TAKES TO COLLECT ALL THE TREASURE AND BRING IT BACK TO HIS/HER TREASURE CHEST. STILL ONLY COLLECT ONE PIECE OF TREASURE AT A TIME.
3. SWAP ROLES

MAKE IT EASIER:

1. CHANGE THE SPEED IN WHICH MOVE TO WALK OR A JOG

MAKE IT HARDER:

1. CHALLENGE YOURSELF TO BEAT YOUR PREVIOUS SCORE

COOL DOWN:

OBJECTIVES:

1. UNDERSTANDING THE IMPORTANCE OF COOLING DOWN

QUESTION:

1. WHY IS IT IMPORTANT TO COOL DOWN
2. WHAT IS A DYNAMIC STRETCH/ CAN WE NAME ONE

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 60 SECONDS
2. SKIPPING ON THE SPOT FOR 60 SECONDS
3. WALKING ON THE SPOT FOR 60 SECONDS
4. CONTROL OUR BREATHING- DEEP BREATHE IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, BREATHE OUT FOR 4 SECONDS (REPEAT 5 TIMES)

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY WHILST WE MOVE?

- FOR EXAMPLE- WALKING LUNGES
- CARRY OUT EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

1. CHANGE THE EXERCISE TO MAKE IT EASIER
2. ASK A PARENT/GUARDIAN TO HELP

MAKE IT HARDER:

SELF ASSESSMENT:

- WHAT DID YOU ENJOY?
- WHAT DID YOU FIND EASY/ HOW COULD YOU MAKE IT HARDER?
- WHAT DID YOU STRUGGLE WITH/ HOW COULD YOU PRACTICE TO IMPROVE?

LIKE US ON FACEBOOK:
@YORKSHIRE SPORTS COACHING

CHANCE TO WIN 'ONE WEEK FREE ON OUR MULTI-SPORTS CAMP, WORTH £75'

PLUS LOTS MORE FUN ACTIVITIES AND CHALLENGES TO KEEP THE WHOLE FAMILY FIT AND ENTERTAINED!



UNIT TITLE: CO-ORDINATION

TEACHER: MISS JOYCE

SESSION TOPIC: CONTROL

SESSION NUMBER: 2

LESSON OBJECTIVES:

I CAN THROW AND CATCH USING CONTROLLED CO-ORDINATION

WARM UP:

OBJECTIVES:

- FOLLOWING INSTRUCTIONS
- USING THE SPACE I HAVE SAFELY AND EFFECTIVELY

QUESTIONS:

- WHY IS IT IMPORTANT TO WARM-UP?

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 30 SECONDS
2. STAR-JUMPS ON THE SPOT FOR 30 SECONDS
3. PUNCHING THE AIR FOR 30 SECONDS
4. TUCK JUMPS FOR 30 SECONDS
5. SQUATS FOR 30 SECONDS
6. REST FOR 60 SECONDS

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY?

- FOR EXAMPLE- TOUCHING OUR TOES AND REACHING TO THE SKY
- HOLD EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

ACTIVITY 1: TIDY YOUR ROOM

OBJECTIVES:

- I CAN DIRECT MY THROWS USING DIFFERENT TECHNIQUES: UNDER- ARM AND OVER ARM

QUESTIONS:

- WHAT OTHER WAYS COULD WE MOVE THE OBJECTS OTHER THAN WHATS STATED ON THE LEARNER ACTIVITY?

LEARNER ACTIVITY:

1. SPLIT INTO TWO TEAMS AND SPLIT THE AREA IN HALF. SPREAD OUT SOFT BEAN BAGS, SOFT BALLS, SOCKS ETC EVENLY ON EACH SIDE .
2. THE OBJECT OF THE GAME IS TO CLEAR THE TOYS FROM YOUR AREA BY THROWING THEM INTO THE OPPOSITE SIDE IN A CERTAIN AMOUNT OF TIME.
3. THE WINNER IS THE TEAM WITH THE CLEANEST AREA.
4. THINK OF DIFFERENT WAYS TO MOVE THE OBJECTS I.E. ROLL, BOUNCE, UNDER-ARM, OVER-ARM ETC.

MAKE IT EASIER:

- MAKE THE AREA SMALLER, LESS DISTANCE TO THROW

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ROUND. INCREASE THE SIZE OF THE AREA



LIKE US ON FACEBOOK:
@YORKSHIRE SPORTS COACHING

CHANCE TO WIN 'ONE WEEK FREE ON OUR MULTI-SPORTS CAMP, WORTH £75'

PLUS LOTS MORE FUN ACTIVITIES AND CHALLENGES TO KEEP THE WHOLE FAMILY FIT AND ENTERTAINED!

ACTIVITY 2: LEVELS

OBJECTIVES:

1. THROWING AND CATCHING WITH CONSISTENCY AND CONTROL

QUESTIONS:

1. WHAT IS HAND-EYE CO-ORDINATION AND WHY IS IT IMPORTANT IN THIS TASK?

LEARNER ACTIVITY:

EACH ACTIVITY SHOULD BE CARRIED OUT TO THE CHILD'S HIGHEST LEVEL POSSIBLE. LEVEL 1 WOULD BE ONE CATCH, LEVEL 2 WOULD BE TWO CATCHES CONSISTENCY (WITHOUT DROPPING THE BALL) AND SO ON. IF THE BALL IS DROPPED START AGAIN FROM LEVEL 1.

1. INDIVIDUAL THROWING AND CATCHING (REPLACE A BALL WITH A ROLLED UP PAIR OF SOCKS IF NEEDED)
2. THROWING WITH A CLAP IN BETWEEN AND CATCHING
3. THROWING WITH A PARTNER
4. INCREASE THE DISTANCE BETWEEN YOU AND YOUR PARTNER

MAKE IT EASIER:

- PRACTICE EACH ACTIVITY BEFORE CARRYING OUT A COMPETITION

MAKE IT HARDER:

- CHALLENGE YOURSELF TO BEAT YOUR PREVIOUS LEVEL

COOL DOWN:

OBJECTIVES:

1. UNDERSTANDING THE IMPORTANCE OF COOLING DOWN

QUESTION:

1. WHY IS IT IMPORTANT TO COOL DOWN
2. WHAT IS A DYNAMIC STRETCH/ CAN WE NAME ONE

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 60 SECONDS
2. SKIPPING ON THE SPOT FOR 60 SECONDS
3. WALKING ON THE SPOT FOR 60 SECONDS
4. CONTROL OUR BREATHING- DEEP BREATHE IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, BREATHE OUT FOR 4 SECONDS (REPEAT 5 TIMES)

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY WHILST WE MOVE?

- FOR EXAMPLE- WALKING LUNGES
- CARRY OUT EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

1. CHANGE THE EXERCISE TO MAKE IT EASIER
2. ASK A PARENT/GUARDIAN TO HELP

MAKE IT HARDER:

SELF ASSESSMENT:

- WHAT DID YOU ENJOY?
- WHAT DID YOU FIND EASY/ HOW COULD YOU MAKE IT HARDER?
- WHAT DID YOU STRUGGLE WITH/ HOW COULD YOU PRACTICE TO IMPROVE?

LIKE US ON FACEBOOK:
@YORKSHIRE SPORTS COACHING

CHANCE TO WIN 'ONE WEEK FREE ON OUR MULTI-SPORTS CAMP, WORTH £75'

PLUS LOTS MORE FUN ACTIVITIES AND CHALLENGES TO KEEP THE WHOLE FAMILY FIT AND ENTERTAINED!



UNIT TITLE: CO-ORDINATION
SESSION TOPIC: OBJECT CONTROL

TEACHER: MISS JOYCE
SESSION NUMBER: 3

LESSON OBJECTIVES:

1. I CAN DIRECT A BALL TOWARDS A TARGET
2. I CAN USE THE CORRECT AMOUNT OF WEIGHT BETWEEN EACH THROW DEPENDANT ON DISTANCE

WARM UP:

OBJECTIVES:

- FOLLOWING INSTRUCTIONS
- USING THE SPACE I HAVE SAFELY AND EFFECTIVELY

QUESTIONS:

- WHICH ENERGY SYSTEM IS WORKING?

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 30 SECONDS
2. STAR-JUMPS ON THE SPOT FOR 30 SECONDS
3. PUNCHING THE AIR FOR 30 SECONDS
4. TUCK JUMPS FOR 30 SECONDS
5. SQUATS FOR 30 SECONDS
6. REST FOR 60 SECONDS

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY?

- FOR EXAMPLE- TOUCHING OUR TOES AND REACHING TO THE SKY
- HOLD EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

ACTIVITY 1: TARGET PRACTICE

OBJECTIVES:

- I CAN DIRECT MY THROW TOWARDS THE TARGET

QUESTIONS:

- WHAT HELPS YOU DIRECT A THROW

LEARNER ACTIVITY:

1. ALL YOU NEED IS A TARGET WHICH COULD BE A CUSHION AND A NUMBER OF SOFT BALLS WHICH COULD BE REPLACED WITH ROLLED UP SOCKS
2. TAKE 5 STEPS BACK, HOW MANY SOCKS CAN YOU HIT AGAINST THE TARGET. CHALLENGE YOURSELF OUT OF 10 THROWS. HOW MANY CAN YOU HIT?

THIS ACTIVITY COULD BE TURNED INTO A COMPETITION. HOW MANY HITS CAN YOU GET IN ONE MINUTE, ONLY USE ONE BALL. RUN AND COLLECT IT BEFORE THROWING AGAIN.

CAN YOU BEAT YOUR PREVIOUS SCORE OR BEAT YOUR PARTNERS SCORE.

MAKE IT EASIER:

- DECREASE THE DISTANCE BETWEEN YOU AND THE TARGET

MAKE IT HARDER:

- INCREASE THE DISTANCE BETWEEN YOU AND THE TARGET



LIKE US ON FACEBOOK:
@YORKSHIRE SPORTS COACHING

CHANCE TO WIN 'ONE WEEK FREE ON OUR MULTI-SPORTS CAMP, WORTH £75'

PLUS LOTS MORE FUN ACTIVITIES AND CHALLENGES TO KEEP THE WHOLE FAMILY FIT AND ENTERTAINED!

ACTIVITY 2: DEFENDER

OBJECTIVES:

1. UNDERSTANDING THE PRINCIPLES OF ATTACKING AND DEFENDING

QUESTIONS:

1. WHAT DIFFERENT THROWING TECHNIQUES MIGHT WE USE TO GET THE BALL PAST THE DEFENDER?

LEARNER ACTIVITY:

1. FOLLOW THE SAME INSTRUCTIONS AS THE PREVIOUS ACTIVITY. HOWEVER, THIS TIME ONE PLAYER BECOMES A DEFENDER AND TRIES TO BLOCK SHOTS AT THE TARGET.
2. THE DEFENDER CAN NOT STEP WITHIN 2 FEET OF THE TARGET OR ATTACKER. AFTER EACH THROW ALLOW THE ATTACKER TO COLLECT THE BALL
3. SWAP ROLES AFTER 2 MINUTES

MAKE IT EASIER:

- ADAPT ACTIVITIES WHERE NEEDED
- GET IN TOUCH, WE WILL ADVISE YOU

MAKE IT HARDER:

- PAIR UP WITH AN ATTACKING PARTNER. YOU CAN NO LONGER MOVE WHILE HOLDING THE BALL BUT YOU CAN PLAY A PASS.

COOL DOWN:

OBJECTIVES:

1. UNDERSTANDING THE IMPORTANCE OF COOLING DOWN

QUESTION:

1. WHY IS IT IMPORTANT TO COOL DOWN
2. WHAT IS A DYNAMIC STRETCH/ CAN WE NAME ONE

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 60 SECONDS
2. SKIPPING ON THE SPOT FOR 60 SECONDS
3. WALKING ON THE SPOT FOR 60 SECONDS
4. CONTROL OUR BREATHING- DEEP BREATHE IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, BREATHE OUT FOR 4 SECONDS (REPEAT 5 TIMES)

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY WHILST WE MOVE?

- FOR EXAMPLE- WALKING LUNGES
- CARRY OUT EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

1. CHANGE THE EXERCISE TO MAKE IT EASIER
2. ASK A PARENT/GUARDIAN TO HELP

MAKE IT HARDER:

SELF ASSESSMENT:

- WHAT DID YOU ENJOY?
- WHAT DID YOU FIND EASY/ HOW COULD YOU MAKE IT HARDER?
- WHAT DID YOU STRUGGLE WITH/ HOW COULD YOU PRACTICE TO IMPROVE?

LIKE US ON FACEBOOK:
@YORKSHIRE SPORTS COACHING

CHANCE TO WIN 'ONE WEEK FREE ON OUR MULTI-SPORTS CAMP, WORTH £75'

PLUS LOTS MORE FUN ACTIVITIES AND CHALLENGES TO KEEP THE WHOLE FAMILY FIT AND ENTERTAINED!

