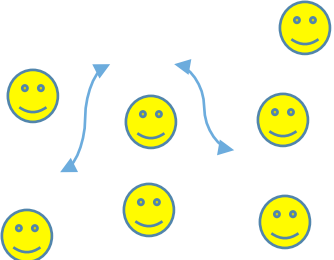
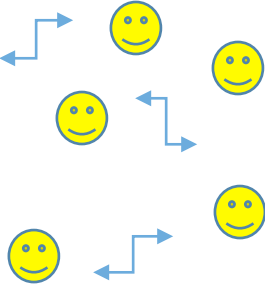
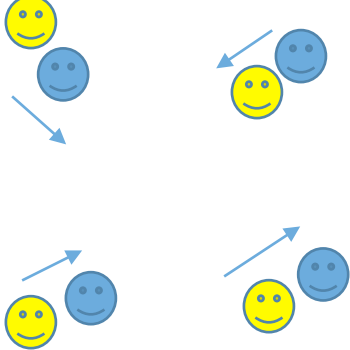


# Session Plan

**Session Theme:** AGILITY AND FUNDAMENTAL MOVEMENTS **Date:** 14/10/19

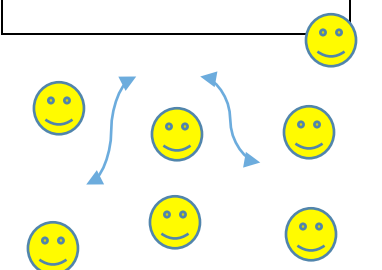
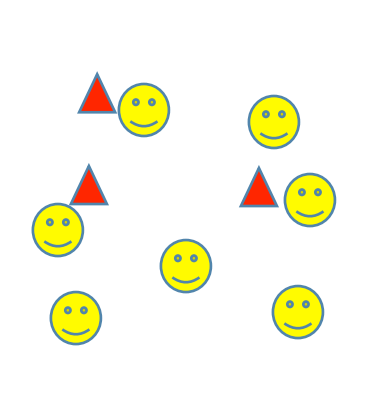
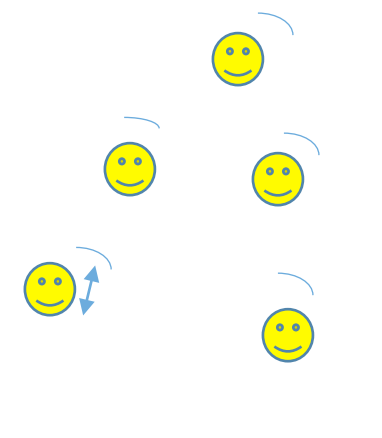
JUNOR + SENIOR INFANTS

	Description of activity	Diagram
<p>Warm Up (5 MINS)</p> <ul style="list-style-type: none"> <li>MULTI-DIRECTIONAL MOVEMENTS</li> </ul>	<p>Players run/hop/walk forwards/backwards/jump/sideways etc</p>	
<p>Game 1 (7mins)</p> <ul style="list-style-type: none"> <li>Animal Movements</li> </ul>	<p>Coach gets players to make different movements similar to animals.            Cheetah = Run            Snail = Walk slow            Kangaroo = Hop            Frog = Jump            Bear = Crawl            Crab = Sideways Walk</p>	
<p>Game 2 (7mins)</p> <ul style="list-style-type: none"> <li>Trucks and Trailers</li> </ul>	<p>Players work in groups of 2 one player grabs onto the back of the other player and travels around the square.            Progression: Use different ways of moving around such as skipping.</p>	

# Session Plan

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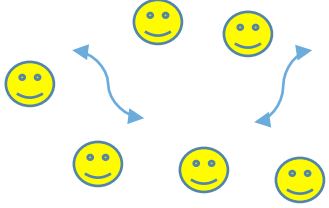
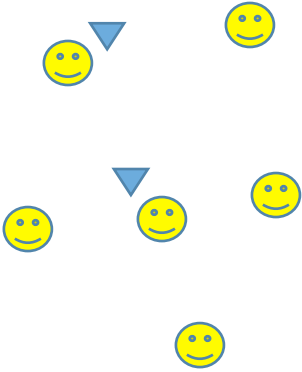
FIRST CLASS + SECOND CLASS

	Description of activity	Diagram
<p>Warm Up (5 MINS)</p> <ul style="list-style-type: none"> <li>MULTI-DIRECTIONAL MOVEMENTS</li> </ul>	<p>Players run/hop/walk forwards/backwards/jump/sideways etc</p>	
<p>Game 1 (7mins)</p> <ul style="list-style-type: none"> <li>Cone TAG</li> </ul>	<p>Coach gives cone to about 1/3 of group. Whoever has a cone is 'ON' once player with cone tags other player they are now 'ON' and the other player is free. Progression: Get players to do different movements eg players can only hop on one leg or move side to side etc.</p>	
<p>Game 2 (7mins)</p> <ul style="list-style-type: none"> <li>Bridges and Rivers</li> </ul>	<p>Coach divides groups into 2 teams 'BRIDGES' and 'RIVERS'. Players run around the area when coach blows whistle the 'bridges' go to the ground and make a bridge while the 'rivers' must climb under them/ Progression: Get rivers to climb through 2 different bridges.</p>	

# Session Plan

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THIRD CLASS + FOURTH CLASS + FIFTH CLASS + SIXTH CLASS

	Description of activity	Diagram
<p>Warm Up (5 MINS)</p> <ul style="list-style-type: none"> <li>MULTI-DIRECTIONAL MOVEMENTS</li> </ul>	<p>Players run/hop/walk forwards/backwards/jump/sideways etc</p>	
<p>Game 1 (7mins)</p> <ul style="list-style-type: none"> <li>Cone Tag</li> </ul>	<p>Coach gives cone to about 1/3 of group. Whoever has a cone is 'ON' once player with cone tags other player they are now 'ON' and the other player is free.</p> <p>Progression: Get players to do different movements eg players can only hop on one leg or move side to side etc.</p>	
<p>Game 2 (7mins)</p> <ul style="list-style-type: none"> <li>Circle Game</li> </ul>	<p>Players work in groups of 2. The whole group then stand in a circle one partner stands behind the other. On the coaches signal the outside partner runs around the circle till they get back to their partner and must then climb under the legs of their partner to finish.</p> <p>Make sure players do not run the same way each time so alternate between clockwise and anti-clockwise</p> <p>Progression: Get players to travel using different movements such as running backwards or hopping.</p>	