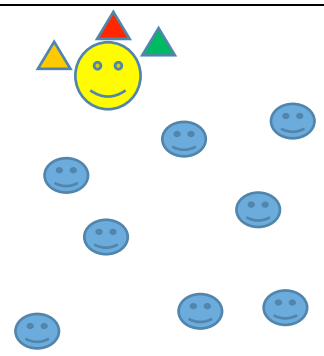
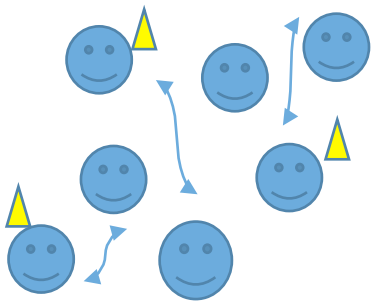
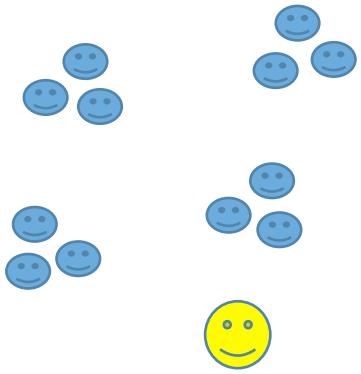
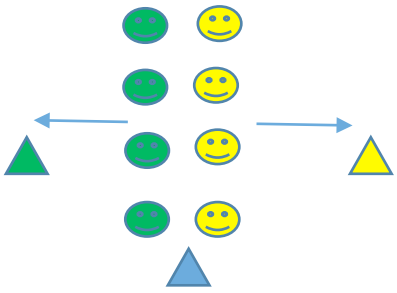
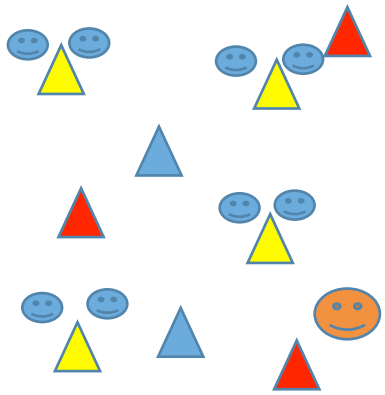
Session Plan

Session Theme: RUNNING

	Description of activity	Diagram
Activity 1 • Traffic Lights	Coach has three cones. Green, red and orange. When coach holds up green cone players must run around playing area. When they hold up Red cone players must stop and orange player must go slow	
Activity 2 • Cone Tag	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.	
Activity 3 • Numbers Call	Entire group runs around area when coach calls out number eg '3'. The players then have 5 seconds to get in a group of 3. Anyone who does not get in a group within the time must do 5 jumping jacks.	
Activity 4 • 'Rats' and 'Rabbits'	Coach divides players into 2 teams. 'Rats' and 'Rabbits'. When coach calls 'Rabbits' they must run to their side while the 'Rats' try and catch them before they reach the line and visa versa.	

Activity 5 • Colour Cone	Coach places various different colour cones around area. Players run around area. Coach then calls a colour 'Red' the players have 5 seconds to find a red cone and stand beside that cone. 2 Players max at each cone. If player does not get to a cone within 5 seconds they must do 5 jumping jacks. Progression: Coaches call 2 different colours and players must touch both colours and then put hands up to indicate they are finished.