

SCHEME OF WORK: **INFANT AGILITY:** YEAR 2

LESSON	OUTLINE OF LESSON
1	To learn the correct running technique for short distance running.
2	Learn the correct technique to perform the chest push pass.
3	Learn and understand different ways to balance.
4	To learn how to jump and land correctly.
5	To develop hand - eye coordination.
6	Continue to develop hand – eye coordination.