

LESSON PLAN: **MULTI SKILLS:** YEAR 6: WEEK 3

LESSON OBJECTIVE: Understand the importance of agility whilst running at speed.

WARM UP (10 MINS)

Split the students into small groups and nominate one person to be the 'Warm up Instructor'. Their job is to lead a warm up to their group including a pulse raiser and stretches.

MAIN LESSON (20 MINS)

Split the class into groups and set up a number of relay races in which the students need to compete in:

- Run to a cone and back
- Using a football, run at speed to a cone and back to their team
- Run to collect a number of objects from cones and return to their team
- Using a football dribble in and out of the cones whilst travelling at speed and return to their team

GAME/COMPETITION (15 MINS)

T Test : The t-test is a great way to determine someone's agility at speed. Each student will start at A and sprint to B, they will then side step to C as quick as they can. Students will then side step to D as quickly as they can before side stepping back to B. They then turn and sprint back to A. Students must touch each cone that they pass on route.

EQUIPMENT

- Stop watches
- Cones

KEYWORDS

- Agility
- Change direction
- Speed

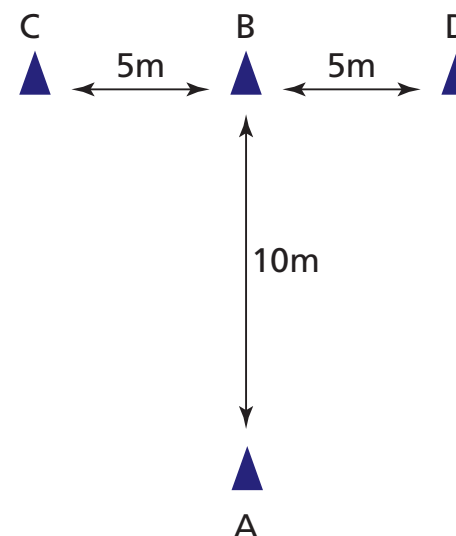
DIFFERENTIATION

LESS ABLE

- Change the distance between the cones.
- Bigger gaps in between cones.

MORE ABLE

- Change the distance between the cones.
- Smaller gaps in between cones.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the agility tests to a high ability?
	7	Can they perform the agility tests with a certain degree of control?
	6	Can they perform some of the skills required to perform the agility tests, but to a low ability?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: balance and change of direction to enable them to perform the agility tests?
	7	Can they show and link: balance and agility to start showing their ability to perform the agility tests?
	6	Can they show knowledge of the importance of balance and change of direction when performing the agility tests?
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.