

FITNESS

Winter Lesson Plan 7

The FIT Accuracy Training

Basic passing

Arrange your students into partners, giving each pair a ball. Have the players pass and trap the ball, while you evaluate their skill. Later, introduce one touch control passing.

Star Wars

This exciting game is very popular. Have all players' line up at one end of the gym/hall and get prepared to run to the other end. The coach or chosen 'shooter' stands to one side of the area with several balls at the ready.

On command the players attempt to run to the other end of the gym/hall while evading balls kicked at them by the coach. All shots should be kept below waist level. Players hit by shooting balls become additional shooters until only one player is left.

Circle passing (like piggy in the middle)

This circle game can be used to practice accurate passing. Arrange students in a circle with two players in the middle trying to intercept passes made by the students on the outside. Begin with throwing passes to other students in the circle and progress to kicking passes. The player whose pass is intercepted goes into the middle (becomes one of the piggy's in the middle).

Know your Numbers Soccer

Arrange students into 2 teams and allocate each child in each team a number eg. 1-8
On command, the coach will call out 2 numbers eg. "2 and 4" The children whose numbers correspond, must rush onto the field of play and try to score into the other team's goal. You can have 1 v 1, 2 v 2, 3v3 etc etc. You can also call out everyone. This should be a fast paced fun game which allows all children to have a turn in reasonably quick succession. Remind children which way their team is 'shooting' at goal and also remind them to listen very carefully for their number to keep them focused.

NUTRITION

THE NUT

Ginger and Lemon Tea Ginger, Lemon, Honey.

Gigi Ginger I will fix you quick, if you feel sick.

Lizzie Lemon When you have a cold in your chest, my zest will get you back to your best.

