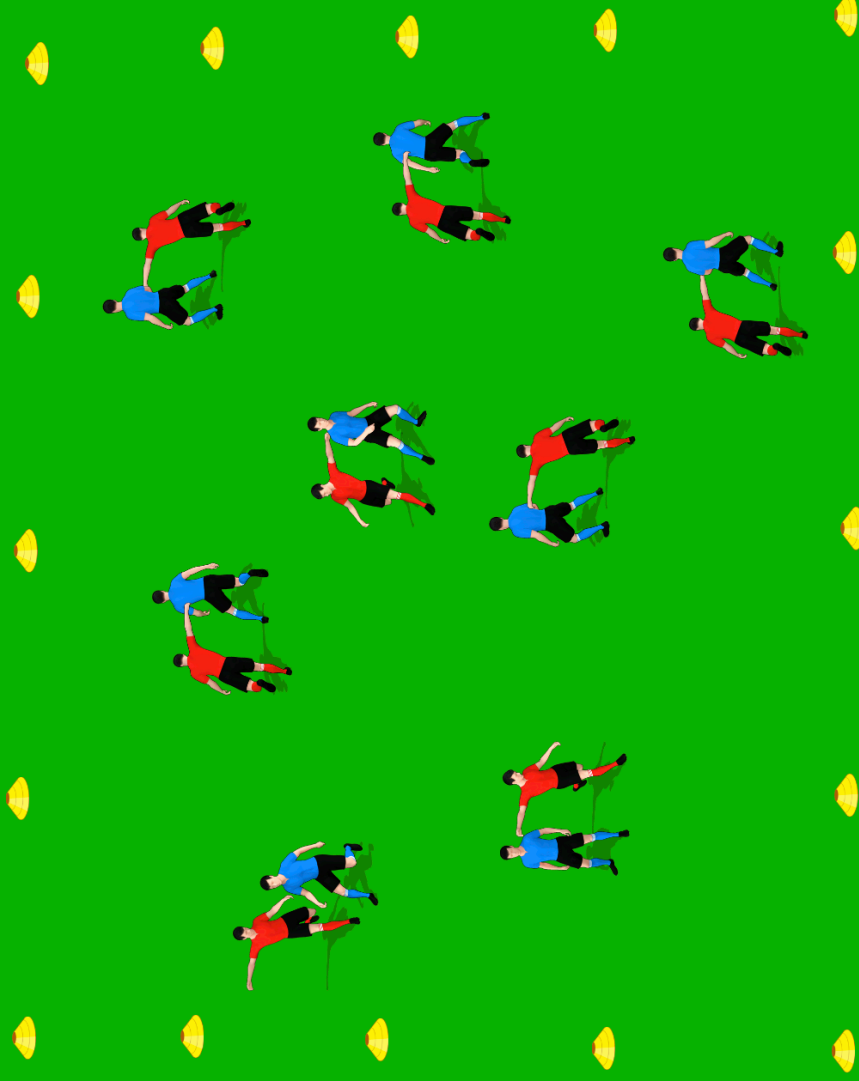


Session Plan; Follow The Leader.

Learning Objectives:

1. To develop reactive ability by responding to unpredictable movements.
2. To improve speed, balance and coordination when changing direction.
3. To develop anticipation and decision making in movement solutions.
4. To apply reactive movement skills to small sided games.



Organisation:

Pupils work in pairs (leader and follower)

Mark out a safe area suitable for age and ability.

Leaders move around freely within the area while the follower tries to keep their finger tips on their partners back.

Teacher controls how fast the leader moves by calling: walk, jog or half pace running.

Change roles every 60-90 seconds.

*The leader **MUST** not stop suddenly or make 180 degree turns.

Learning Outcomes:

All pupils will: follow a partner and copy movements safely.

Change direction with control.

Maintain focus while moving.

Most Pupils will:

React quickly to sudden changes of in speed and direction.

Stay close to their partner without colliding.

Demonstrate balance when stopping and starting.

Some pupils will:

Anticipate movements before they fully happen.

Use quick acceleration and deceleration effectively.

Apply reactive agility and successfully in game scenario.