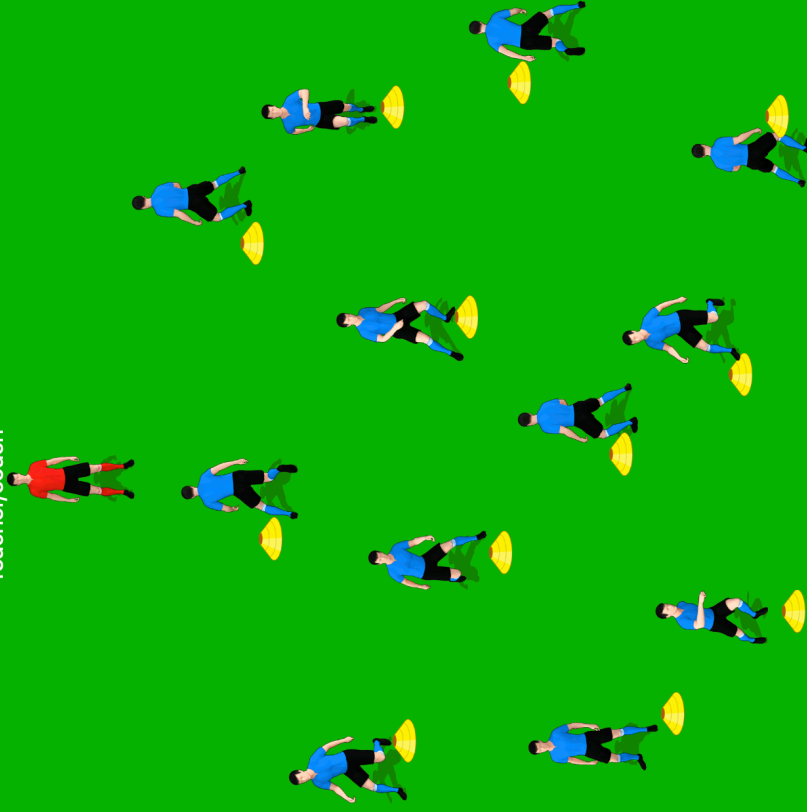


### Session Plan: Get to a cone.

#### Learning Objectives:

1. To develop speed, agility and change of direction.
2. To improve memory and planning by remembering which cones have been visited.
3. To enhance spatial awareness and reaction under pressure.
4. To apply strategic decision making in a competitive scenario.

Teacher/coach



#### Organisation:

Distribute cones evenly across the playing area (one per pupil)  
Pupils start at a cone, spread out safely with room to move.  
Coach/teacher is positioned centrally in order to view all the pupils.

**Instruction:** Pupils are asked to walk, jog or run, to the cones.  
Pupils visit all the cones, try not to move in a circle, encourage random pattern.  
Explain the rule do not revisit cones you have already been to.  
On the command GET TO A CONE! Pupils can sprint to the nearest empty cone.  
Only one person per cone.  
The last pupil without a cone is out!

#### Learning Outcomes:

All pupils will: follow move safely and quickly to available cones.  
Respond promptly to the 'GET TO A CONE '!' command  
Avoid revisiting previously used cones.

Most Pupils will:  
Change direction and accelerate efficiently.  
Plan routes to maximise speed and stay in game.  
Maintain awareness of other pupils to avoid collisions.

Some pupils will:  
Anticipate which cones will be free and move strategically.  
Combine speed, memory and spatial awareness effectively.  
Use observation skills to gain advantage in the competitive version.