

## SAQ LESSON PLANS

LESSON ONE	
TIME – 60 MINS	
EQUIPMENT - CONES	
ACTIVITY	ORGANIZATION
WARM UP	RUNNING – FORWARDS, BACKWARDS, SIDEWAYS, JUMPING, HOPPING
RELAYS	DIVIDE CLASS INTO SMALL GROUPS. IN THEIR GROUPS COVER RELAYS THAT WERE INTRODUCED IN THE WARM UP WITH A LITTLE BIT OF COMPETITION. THIS SHOULD BE FUN, BUT CAN BE MADE EASIER OR HARDER AS THE TEACHER FEELS
AGILITY	IN SMALL GROUPS AGAIN. PUPILS RUN BACK AND FORTH TO CONES AND REACT TO THE TEACHERS CALLS. THIS SHOULD INCLUDE ALL RUNS THAT HAVE BEEN COVERED PREVIOUSLY

LESSON TWO	
TIME – 60 MINS	
EQUIPMENT – CONES, LADDERS, REACTION BALLS	
ACTIVITY	ORGANIZATION
WARM UP	DISHES & DOMES – EACH PUPIL HAS A CONE AND THEY DECIDE IF THEY WANT TO BE A DISH OR A DOME. DISHES RUN AROUND AND TURN DOMES INTO DISHES AND VICE VERSA
LADDERS	<ol style="list-style-type: none"> <li>1) STRAIGHT RUN</li> <li>2) TWO FOOT RUN</li> <li>3) LATERAL RUN</li> <li>4) DEAD LEG RUN</li> </ol>
REACTION BALLS	IN SMALL GROUPS, PUPILS THROW THE REACTION BALL INTO THE MIDDLE, LET THE BALL BOUNCE FOR SOMEONE ELSE TO CATCH



LESSON THREE	
TIME – 60 MINS	
EQUIPMENT – CONES, LADDERS, HURDLES, REACTION BALLS	
ACTIVITY	ORGANIZATION
WARM UP	STEAL CONES – JUST LIKE THE GAME ‘EGGS IN THE NEST’ BUT USE CONES INSTEAD
HURDLE DRILLS	<ol style="list-style-type: none"> <li>1) ONE FOOT WALK (DEAD LEG)</li> <li>2) DEAD LEG RUN</li> <li>3) TWO FOOT WALK</li> <li>4) TWO FOOT FUN</li> <li>5) DOUBLE FOOT WALK</li> <li>6) DOUBLE FOOT RUN INTO SPRINTS</li> </ol>
REACTION BALLS	<ol style="list-style-type: none"> <li>1) IN PAIRS –THROW &amp; CATCH</li> <li>2) IN 4’S / 5’S – CALL A NAME FOR THEM TO CATCH BEFORE THE BALL BOUNCES FOR A SECOND TIME</li> </ol>

LESSON FOUR	
TIME – 60 MINS	
EQUIPMENT – LADDERS, HURDLES, REACTION BALLS	
ACTIVITY	ORGANIZATION
WARM UP	JUMPING & SPRINTING DRILLS ON THE SPOT TO ENCOURAGE ARM & LEG TECHNIQUES, LEADING TO MOVEMENTS AVOIDING CONTACT AND LOOKING FOR SPACE
LADDERS TOO HURDLES	USING THE TECHNIQUES FROM PREVIOUS WEEKS BRING BOTH LADDERS AND HURDLES TOGETHER. PUPILS SHOULD NOW BE MOVING THROUGH THE DRILLS AT FULL SPEED
REACTION BALLS	NAME CALL AND CATCH



LESSON FIVE & LESSON SIX	
TIME – 60 MINS	
EQUIPMENT – CONES, LADDERS, HURDLES, BENCHES, MATS	
ACTIVITY	ORGANIZATION
WARM UP	SCRAWCROW TAG
CIRCUIT TRAINING	<ol style="list-style-type: none"> <li>1) LADDERS – FAST FEET</li> <li>2) HURDLES – ONE FOOT DEAD LEG</li> <li>3) SHUTTLES – BACK AND FORTH TO CONES</li> <li>4) PLANK</li> <li>5) BENCH – STEP UPS &amp; STRIDE JUMPS</li> </ol> <p>EACH GROUP SHOULD SPEND 45 SECONDS ON EACH STATION WITH A 45 SECOND REST BEFORE MOVING ON</p> <p>FOR THE NEXT LESSON YOU CAN CHANGE THE STATIONS AND THE TIME</p>

