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| **Spy Club Week 10 – Mission Impossible** |
| **Session Objectives** – Complete the final spy mission.  |
| **Warm up –** 10 Minutes Soldier Ball |
| **Dynamic Stretching** – 5 MinutesPick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.**Equipment-** Cones, obstacle course equipment. |
| **Main Activity** – 35 Minutes |
| Mission Impossible – 15 Minutes FroggerThe spies are in a hidden temple and are trying to retrieve the gold hidden in the tomb.The spies can only carry one piece of gold at a time.If the spy is hit by the staggers going left and right they must drop the gold and are out.How many coins can the spies collect before everyone is out?Final Mission – 20 Minutes Create a obstacle course the children must complete to retrieve the final treasure.If the spies touch the floor, they must drop the treasure and start again.  | Coaching PointsWhen spy is out, sit them in designated area.Make obstacles tricky.  |
| **Cool Down and Debrief –** 5 MinutesGet children into a circle and go over a few static stretches. Whilst stretching go over session aims.Ask questions – What have you enjoyed today? What have you enjoyed over the whole 10 weeks?Award a certificate.Dismiss children from designated area.  |

