|  |  |
| --- | --- |
| **Spy Club Week 10 – Mission Impossible** | |
| **Session Objectives** – Complete the final spy mission. | |
| **Warm up –** 10 Minutes  Soldier Ball | |
| **Dynamic Stretching** – 5 Minutes  Pick 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  Frogger  The 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 Points  When spy is out, sit them in designated area.  Make obstacles tricky. |
| **Cool Down and Debrief –** 5 Minutes  Get 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. | |

