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| **Discovery Club Week 9 – Olympic Games** | |
| **Session Objectives** – To introduce the children to a variety of skills and games from around the world. | |
| **Warm Up** – | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. | |
| **Main Activity** – 35 Minutes | |
| Introduction to the Olympic circuit – 25 minutes.  Station 1 – Long Jump  Station 2 – Javelin Throw  Station 3 – Shuttle runs  Station 4 – Shotput  Each team will work on each station for a 3 minute period, points will be awarded to each team for supporting and working well together.  Station 5 – Relay races – 10 minutes  Once the other stations have been completed, move the equipment away to ensure there is enough space to complete some relay races. | Coaching Points  Set up may take 10 minutes so make sure you arrive early, this can be done inside or outside.  Demonstrate how to complete the circuit using the correct techniques.  Arrange the teams equally dependent on age and ability. Let them pick team names to create an element of competition  Allocate a time for each station to ensure that all teams get a chance to have a go at every station.  Reinforce good techniques as you walk around the circuit.  Cones need to be set up so that a clear start and finish line is visible.  Introduce children to exchanging a piece of equipment to the next person in line (doesn’t need to be a baton), this will also make sure they run the entire distance if they have something to hand over. |
| **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 learnt today?  Award a certificate.  Dismiss children from designated area. | |

