

**Lesson Objective** To work on speed, agility and quickness **Lesson 1/6**

**Equipment Needed** SAQ ladders, hurdles, cones, spots.

**Success Criteria** Children can:

- Change direction quickly
- Work on being more agile when running and turning
- Know the correct footwork they need to run quickly
- Complete the Edstart Champions 20m agility sprint and speed bounce

**Adapted Learning (Differentiation) (Challenge)** Children are able to complete each task to the best of their ability. Areas can be reduced where needed.

**Key Questions** What's SAQ?

**Warm Up** Coaches Call:  
Pupils move continuously in set area, upon hearing a command they must react as quickly as possible. Add the commands 'Hop' (Land on same leg as used for take-off) 'Step' (Jump from one foot to another, ensure pupils leave ground) 'Jump' (From one foot to two feet). STRETCH. Then repeat

### Main Activity

X X X  
X X X

O O O  
O O O  
O O O

#### Tic Tac Toe - 3 in a Row:

The basic premise of this lesson is that the children will work in pairs to get '3 in a Row'. For each game you will need to place out nine hoops 3 x 3. Then a starting mark away from the hoops. The children must take it in turns to run out and place a bib in a hoop (One pair has one colour, the other pair has a different colour). A pair wins if they manage to connect three bibs of the same colour in a line. If all bibs are used, the next player can move their bib to try and make three in a row.

#### SAQ Circuit:

1. **Agility Ladders** - Step into the first square with your right foot, quickly place the foot down and shift your weight onto that foot. Step into the 2<sup>nd</sup> square with the left foot. Quickly place the foot down and shift your weight onto that foot. Repeat along the ladder
2. **Hurdles** - Children jump two feet to two feet over the first hurdle, without taking an extra step, they then jump over next hurdle. Repeat over all hurdles
3. **Agility T Run** - Set out four cones in a 'T' formation. The starting cone is ten metres from the middle cone, and the left and right cones are five metres apart. Children sprint to middle cone, out to the left sided cone, then across to right sided cone, back to the middle and return to start
4. **Fast Feet** - Children stand inside a flat hoop moving quickly on the spot. Place two different coloured cones five metres apart in front of the hoop. Partner 2 shouts a colour where Partner 1 has to sprint towards
5. **Shuttle Runs** - Place markers 15 metres apart. Children complete three shuttle runs on the course then swap with partner
6. **Bean Bag Shuttle** - Lay five bean bags out each one metre apart. Partner 1 runs out and collects first bean bag and returns to the start, they continue for all five bean bags. Partner 2 then completes the shuttle.
7. **Speed Bounce** - Using a small SAQ hurdle, children jump over from side to side as many times as they can in 30 seconds.
8. **Agility Square** - Set up a 10m by 10m square. Children start at one corner and run diagonal around other cone, they then turn to go to visit other two cones before returning to start position.

Children work in pairs and complete the SAQ Circuit. Set out enough equipment so all children are active.

#### Complete the Edstart Champions 20m Agility Sprint & Speed Bounce:

Children to record their scores for the Edstart Champions 20m agility sprint and speed bounce.

**Cooldown** Record scores and discuss Success Criteria.

**Key Technical Points** Speed is the ability to move the body in one direction as fast as possible.  
Agility is the ability to accelerate, decelerate, and quickly change direction.  
Quickness is the ability to react and change body position as quickly as possible.

<b>Lesson Objective</b>	<b>To be able to sprint correctly and efficiently</b>		<b>Lesson 2/6</b>
<b>Equipment Needed</b>	SAQ ladders, hurdles, cones, spots.		
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Know how to sprint start</li><li>• Understand to run flat out all the way across the finish line</li><li>• Run efficiently using the correct technique</li><li>• Slightly lean body forward when they run, while swinging their arms in a straight line from the shoulder</li><li>• Complete the Edstart Champions 100m and 200m sprint</li></ul>		
<b>Adapted Learning (Differentiation) (Challenge)</b>	Children are able to complete each task to the best of their ability. Areas can be reduced where needed.		
<b>Cross Curricular Links</b>	Use warm up to have true or false as each end zone, ask a range of questions asking true or false. Once the child works out the answer they run in the direction as quickly as possible.		
<b>Warm Up</b>	<b>Cat &amp; Mouse:</b> Split into two team. Two end-zones (Coloured cones) at opposite sides of a large playing area. Have the team's line up against each other at the halfway line, facing a player from the other team. Have a line of cones halfway down the area. Coach calls out either "Cat" or "Mouse". If their team is called, they must turn and run to their end zone before getting tagged by the other team.		
<b>Main Activity</b>	<b>Skill Acquisition:</b> Children will be in their partners, Partner 1 will stand on the starting line, they will take two steps back. The teacher will demonstrate a good running technique – legs and arms. Partner 1 will go first; a set of cones will be set out for them to run to. They will be focusing on their running technique to start with rather than speed. Partner 2 will go next. Children will run to first line, then start again and run to second line then the same with the third line.  <b>Giant Steps:</b> Set out an area big enough for children to sprint across. The children then set of and try and use as little steps across the area as possible, without slowing down. Encourage children to use large steps as they run using the whole length of the leg.  <b>Partner Chase:</b> Partner 1 starts five metres in front of partner 2. On the shout of GO, they both set off towards a finish line. Aim is for Partner 1 not to get caught by Partner 2. Repeat. This helps children with the finish to the race and run through the finish line rather than slow down.  <b>Complete the Edstart Champions 100m and 200m sprint:</b> Children to record their scores for the Edstart Champions 100m and 200m sprints.		
<b>Cooldown</b>	Record scores and discuss Success Criteria.		
<b>Key Technical Points</b>	<b>Sprinting:</b> <ul style="list-style-type: none"><li>• Start low</li><li>• Slice through the air with hands</li><li>• Move arms 'Hip to lip, not across the zip'</li><li>• Keep head facing forwards always</li></ul>	<b>Evaluating &amp; Improving:</b> The children will need to draw on their knowledge of how the skill should be executed. They will then need to be able to identify any faults & think on their feet on how to correct them	

<b>Lesson Objective</b>	<b>To throw a number of different athletic pieces of equipment</b>	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Javelins, cones, tape measure.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Accurately throw a variety of athletic equipment for distance</li><li>• Change techniques depending on what equipment they are throwing but know how to use the basic principles of throwing</li><li>• Understand to transfer their body weight from back to front to generate more power when throwing</li><li>• Complete the Edstart Champions javelin and discus</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Children are able to complete each task to the best of their ability. Areas can be reduced where needed.	
<b>Cross Curricular Links</b>	Links to mathematics due to measuring.	
<b>Warm Up</b>	<b>Port &amp; Starboard:</b> One side of the rectangular area is PORT, STARBOARD, STERN and BOW. When coach shouts PORT all the children run to the side which is PORT, etc.	
<b>Main Activity</b>	<b>Skill Acquisition:</b> Split the class up into small groups 1 behind the other, person at the front to throw first. Break the throw into sections. <ol style="list-style-type: none"><li>1. <b>Stance</b> – side on, feet shoulder width apart back knee bent. Explain this and let them have one throw each</li><li>2. <b>Grip</b> – just past halfway towards the back of the javelin</li><li>3. <b>Body movement for power</b> – leaning back arm straight, twisting hips rounds pushing body forwards and bring arm through</li></ol> Once the children master this technique then allow a 3-step run up. Give each child a cone. Once they have thrown, they put their cone down where the javelin lands. If a tape measure is available, then measure the children's throws (Competition). <b>SAFETY:</b> All pupils stay on Safety line until told otherwise. Make sure all pupils have thrown before you instruct pupils to fetch their javelins.  <b>Coach Camp:</b> Organise your class into pairs and set out four activities. This activity is really simple and effective. The children will complete an athletics circuit (Javelin, discus, hurdles and sprinting). At each station they will evaluate and improve the performance of their partner – taking it in turns to assume the role of a coach or an athlete.  <b>Complete the Edstart Champions javelin and discus:</b> Children to record their scores for the Edstart Champions javelin and discus.	
<b>Cooldown</b>	Record scores and discuss Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"><li>• Stand side-on, weight on the rear leg</li><li>• Release the javelin at 45 degrees</li><li>• Keep the throwing elbow high, draw the hand 'fast and last</li></ul>	

<b>Lesson Objective</b>	<b>To jump for distance using a variety of techniques and footwork patterns</b>		<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Cones, mats, tape measures, chalk, metre rulers.		
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Understand the basics of jumping and landing</li><li>• Use their upper bodies to gain distance on the jump</li><li>• Jump for distance when using the triple jump approach</li><li>• Complete the Edstart Champions long, triple and high jumps</li></ul>		
<b>Adapted Learning (Differentiation) (Challenge)</b>	Children are able to complete each task to the best of their ability. Areas can be reduced where needed.		
<b>Cross Curricular Links</b>	Links to mathematics due to measuring.		
<b>Warm Up</b>	Large square children moving around in pulse raiser activity performing jogging, skipping, sidesteps, etc. Followed by stretches – name key muscles. Progress to following actions in following order: Jumping for height (2-2), Bounding – (1-other leg), Hopping – right leg/left leg (1 to the same), Short run-up to land (1-2).		
<b>Main Activity</b>	<p><b>Skill Acquisition - Long Jump:</b></p> <p>Organise pupils into pairs numbering them '1' and '2'. With all field events set up two lines, Safety line and Action Line. All pupils must stay behind action line until told to do otherwise. Children will jump for distance of coaches call and mark out their attempt with a cone. Partner 2 then completes a jump. Each child then has the opportunity to beat their distance.</p> <p><b>PROGRESSION</b> - Add a take-off line and advance to a run up.</p> <p><b>Skill Acquisition - Triple Jump:</b></p> <p>Organise pupils into pairs numbering them '1' and '2'. With all field events set up two lines, Safety line and Action Line. Begin with hop phase – pupils measure how far they can hop. Then step in isolation. Lastly jump in isolation. Begin to instruct pupils to add the phases together (Hop then step. Then Hop, step, jump). Pupils should not pause between each phase.</p> <p><b>Coach Camp:</b></p> <p>Organise your class into pairs and set out four activities. This activity is really simple and effective. The children will complete an athletics circuit (Javelin, discus, hurdles and sprinting). At each station they will evaluate and improve the performance of their partner – taking it in turns to assume the role of a coach or an athlete.</p> <p><b>Complete the Edstart Champions long, triple and high jumps:</b></p> <p>Children to record their scores for the Edstart Champions long, triple and high jump.</p>		
<b>Cooldown</b>	Record scores and discuss Success Criteria.		
<b>Key Technical Points</b>	<p><b>Long Jump:</b></p> <ul style="list-style-type: none"><li>• Bend knees and push with quadriceps</li><li>• Swing your arms, look forwards</li><li>• Bend knees on landing</li><li>• Take off on one, land on two</li></ul>	<p><b>Triple Jump:</b></p> <ul style="list-style-type: none"><li>• Hop, step, jump</li><li>• Each phase should be equal distant</li><li>• Pupils should bend their knees at each point of contact with floor</li></ul>	

<b>Lesson Objective</b>	<b>To be able to run for distance</b>	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Cones, markers, stop watches.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Understand that when running for distance they have to pace themselves in order to complete the distance set</li><li>• Give a last push to the finish line in the closing stages</li><li>• Complete the Edstart Champions 400m long distance race</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group your M/A children so that they run against each other, group your L/A so they run together. Allow the L/A to go first – M/A to time their score. Then swap roles!	
<b>Cross Curricular Links</b>	Links to mathematics due to measuring.	
<b>Warm Up</b>	<p><b>Coaches Call:</b></p> <p>Pupils move continuously in set area, upon hearing a command they must react as quickly as possible. Add the commands 'Hop' (Land on same leg as used for take-off) 'Step' (Jump from one foot to another, ensure pupils leave ground) 'Jump' (From one foot to two feet). STRETCH. Then repeat</p>	
<b>Main Activity</b>	<p><b>Skill Acquisition – Middle Distance Run:</b></p> <p>Use the space you have wisely. If you can create a 100m square. It will make it easier for the children to understand how many times they have to run around the track.</p> <p>Start with children running the first side of the square (25 metres) then stop. Partner 2 then goes. Next time they run two sides of the square (50 metres). This continues until they run around the square four times, adding one more side at a time.</p> <p>By adding 25 metres each time, it show that they have to 'pace' themselves throughout the race in order not to tire too quickly.</p> <p>During Coach Camp children will then try and complete the full 400 metres in one go. This will allow others in the class to still be active taking part in other areas of athletics.</p> <p><b>Coach Camp:</b></p> <p>Organise your class into pairs and set out six activities. This activity is really simple and effective. The children will complete an athletics circuit (Javelin, discus, hurdles, triple jump, long jump and 400m race). At each station they will evaluate and improve the performance of their partner – taking it in turns to assume the role of a coach or an athlete.</p> <p><b>Complete the Edstart Champions 400m long distance race:</b></p> <p>Children to record their scores for the Edstart Champions 400 metres.</p>	
<b>Cooldown</b>	Record scores and discuss Success Criteria.	
<b>Key Technical Points</b>	Ensure that the children understand that they will not be able to run at full pace. Clever runners, save some energy and time when they use up their last bit of energy!	

<b>Lesson Objective</b>	<b>To perform in a Sports Day, using event and techniques shown</b>	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Cones, javelins, hurdles, discus, markers, stopwatch, tape measures.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Children can perform in a variety of events against other pupils</li><li>• Children know what each event entails</li><li>• Complete the Edstart Champions Program and achieve personal bests (Wall squat, sit &amp; reach)</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group your M/A children so that they run against each other, group your L/A so they run together. Allow the L/A to go first – M/A to time their score. Then swap roles!	
<b>Cross Curricular Links</b>	Links to mathematics due to measuring.	
<b>Warm Up</b>	<b>Coaches Call:</b> <p>Pupils move continuously in set area, upon hearing a command they must react as quickly as possible. Add the commands 'Hop' (Land on same leg as used for take-off) 'Step' (Jump from one foot to another, ensure pupils leave ground) 'Jump' (From one foot to two feet). STRETCH. Then repeat.</p>	
<b>Main Activity</b>	<b>Sports Day:</b> <p>Organise your class into pairs and set out all activities that have been completed during this Unit of Work. This activity is really simple and effective. The children will complete an athletics circuit aiming to beat their Edstart Champions score from their first attempt using the Unit of Work. At each station they will evaluate and improve the performance of their partner – taking it in turns to assume the role of a coach or an athlete.</p> <p><b>Complete the Edstart Champions Program and achieve personal bests (Wall squat, sit &amp; reach):</b> Children to record their scores for the Edstart Champions wall squat and sit &amp; reach.</p>	
<b>Cooldown</b>	Record scores and discuss Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"><li>• The children will need to draw on their knowledge of how the skill should be executed. They will then need to be able to identify any faults &amp; think on their feet on how to correct them!</li><li>• Children will be able to complete the Edstart Champions Award and record their best score for each event</li></ul>	