

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 • Start to show developed running, throwing & jumping skills • 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 is speed?	
Warm Up	Stuck In The Mud: There will be three children chasing, when a child is caught, they must stand still with their arms out, and they can be freed by another child running under one of their arms. Children will then spread out and find a space for stretching.	
Main Activity	Reaction Time: In pairs, stand approximately 2m apart, facing one another. One of you must randomly drop a tennis ball from their outstretched hand at shoulder height. The other must try to catch it before it bounces twice. For safety reasons, explain that the athlete may not dive for the ball. 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 2nd 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. 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 4. Shuttle Runs - Place markers 15 metres apart. Children complete three shuttle runs on the course then swap with partner 5. 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. 6. Speed Bounce - Using a small SAQ hurdle, children jump over from side to side as many times as they can in 30 seconds. <i>Children work in pairs and complete the SAQ Circuit. Set out enough equipment so all children are active.</i> 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.	

Lesson Objective	To be able to sprint correctly and efficiently	Lesson 2/6
Equipment Needed	SAQ ladders, hurdles, cones, spots.	
Success Criteria	Children can: • Show good reaction times and can identify an effective sprint start • Start to show a developed running technique for sprinting, showing good coordination and control • Complete the Edstart Champions 100m and 200m sprint	
Adapted Learning (Differentiation) (Challenge)	Children are able to complete each task to the best of their ability. Areas can be reduced where needed.	
Cross Curricular Links	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.	
Warm Up	Cat & Mouse: Into two teams or get into pairs. Two end-zones (coloured cones) at opposite sides of a large playing area. Have the teams line up against each other at the halfway line, facing a player from the other team. 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.	
Main Activity	Skill Acquisition: 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. Giant Steps: Set out an area big enough for children to sprint across. The children then set off 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. Partner Chase: 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. Complete the Edstart Champions 100m and 200m sprint: Children to record their scores for the Edstart Champions 100m and 200m sprints.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Sprinting: • Start low • Slice through the air with hands • Move arms 'Hip to lip, not across the zip' • Keep head facing forwards always	

Lesson Objective	To throw a number of different athletic pieces of equipment	Lesson 3/6
Equipment Needed	Javelins, discus, cones, tape measure.	
Success Criteria	Children can: - Follow step-by-step instructions with regards to throwing activities showing increasing accuracy and success - Start to identify when a technique has not been performed effectively - Complete the Edstart Champions javelin and discus	
Adapted Learning (Differentiation) (Challenge)	Children are able to complete each task to the best of their ability. Areas can be reduced where needed.	
Cross Curricular Links	Links to mathematics due to measuring.	
Warm Up	North, South, East & West: One side of the rectangular area is North, South, East, West. When coach shouts East all the children run to the side which is East etc.	
Main Activity	Skill Acquisition: Split the class up into small groups 1 behind the other, person at the front to throw first. Break the throw into sections. Stance – side on, feet shoulder width apart back knee bent. Explain this and let them have one throw each Grip – just past halfway towards the back of the javelin Body movement for power – leaning back arm straight, twisting hips rounds pushing body forwards and bring arm through 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). SAFETY: All pupils stay on Safety line until told otherwise. Make sure all pupils have thrown before you instruct pupils to fetch their javelins. Coach Camp: 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. Complete the Edstart Champions javelin and discus: Children to record their scores for the Edstart Champions javelin and discus.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	- Stand side-on, weight on the rear leg - Release the javelin at 45 degrees - Keep the throwing elbow high, draw the hand 'fast and last	

Lesson Objective	To jump for distance using a variety of techniques and footwork patterns	Lesson 4/6
Equipment Needed	Javelins, discus, cones, tape measure.	
Success Criteria	Children can: • Demonstrate good control and coordination when performing jumping activities • Jump for distance when using the triple jump approach • Complete the Edstart Champions long, triple and high jumps	
Adapted Learning (Differentiation) (Challenge)	Children are able to complete each task to the best of their ability. Areas can be reduced where needed.	
Cross Curricular Links	Links to mathematics due to measuring.	
Warm Up	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).	
Main Activity	Skill Acquisition - Long Jump: 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. PROGRESSION - Add a take-off line and advance to a run up. Skill Acquisition - Triple Jump: 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. Coach Camp: 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. Complete the Edstart Champions long, triple and high jumps: Children to record their scores for the Edstart Champions long, triple and high jump.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Long Jump: • Bend knees and push with quadriceps • Swing your arms, look forwards • Bend knees on landing • Take off on one, land on two	

Lesson Objective	To be able to run for distance	Lesson 5/6
Equipment Needed	Cones, markers, stop watches.	
Success Criteria	Children can: • Start to demonstrate stamina to maintain a sustained run • Complete the Edstart Champions 400m long distance race	
Adapted Learning (Differentiation) (Challenge)	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!	
Cross Curricular Links	Links to mathematics due to measuring.	
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	Skill Acquisition – Middle Distance Run: 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. 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. By adding 25 metres each time, it show that they have to 'pace' themselves throughout the race in order not to tire too quickly. 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. Coach Camp: 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. Complete the Edstart Champions 400m long distance race: Children to record their scores for the Edstart Champions 400 metres.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	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!	

Lesson Objective	To perform in a Sports Day, using event and techniques shown	Lesson 6/6
Equipment Needed	Javelins, discus, cones, markers, stop watches.	
Success Criteria	Children can: • Children can perform in a variety of events against other pupils • Children know what each event entails • Complete the Edstart Champions Program and achieve personal bests (Wall squat, sit & reach)	
Adapted Learning (Differentiation) (Challenge)	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!	
Cross Curricular Links	Links to mathematics due to measuring.	
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	Sports Day: 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. Complete the Edstart Champions Program and achieve personal bests (Wall squat, sit & reach): Children to record their scores for the Edstart Champions wall squat and sit & reach.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	• 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! • Children will be able to complete the Edstart Champions Award and record their best score for each event	