

Year 3 - Intro to Athletics

Lesson Plan

Lesson Objective	To introduce 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 • Start to understand the correct footwork needed when running	
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	Cat & Mouse: Into two teams or get into pairs. Two end-zones (coloured cones) at opposite sides of a large playing area. Have team lined 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	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 (Set up stations using SAQ equipment: 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	Recap and discuss Success Criteria.	
Key Technical Points	Speed - The ability to move all body parts as quickly as possible.	

Year 3 - Intro to Athletics

Lesson Plan

Lesson Objective	To introduce sprinting from a starting position	Lesson 2/6
Equipment Needed	SAQ ladders, hurdles, cones, spots.	
Success Criteria	Children can: • Know how to sprint start • Understand to run flat out all the way across the finish line • Slightly lean body forward when they run, while swinging their arms in a straight line from the shoulder	
Adapted Learning (Differentiation) (Challenge)	Children can complete each task to the best of their ability. Areas can be reduced where needed.	
Key Questions	How do we sprint correctly?	
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	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 second square with the left foot. Quickly place the foot down and shift your weight onto that foot. Repeat along the ladder. 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. 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'	

Year 3 - Intro to Athletics

Lesson Plan

Lesson Objective	To introduce the throwing of small pieces of athletic equipment for distance	Lesson 3/6
Equipment Needed	Javelins, discus, cones, tape measure.	
Success Criteria	Children can: • Throw a variety of small athletic pieces of equipment for distance • Understand to transfer their body weight from back to front to generate more power when throwing	
Adapted Learning (Differentiation) (Challenge)	Children can 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	Command Response: 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).	
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. 1. Stance – side on, feet shoulder width apart back knee bent. Explain this and let them have one throw each 2. Grip – just past halfway towards the back of the javelin 3. Body movement for power – leaning back arm straight, twisting hips rounds pushing body forwards and bring arm through PROGRESSION: 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. Athletics Circuit: Children work in pairs and move around an Athletics Circuit (Javelin, discus, hurdles and sprinting). At each station they record the distance/time of their partner. The second time around the circuit each child tries to beat their previous score. 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	Throwing For Distance: • 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	

Year 3 - Intro to Athletics

Lesson Plan

Lesson Objective	To introduce the technique of jumping for distance using a set footwork pattern Lesson 4/6
Equipment Needed	Cones, tape measure.
Success Criteria	Children can: • Understand the basics of jumping and landing • Use their upper body to gain distance on the jump • Jump for distance when using a two footed jump approach
Adapted Learning (Differentiation) (Challenge)	Children can 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	Stepping Stones: In this game the children will practice jumping by crossing a river, they must land on the stepping stones without getting their feet wet. Mark out two lines with cones (this makes your river!) and place flat/spot markers on the floor for the children to move over.
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 can beat their distance. PROGRESSION - Add a take-offline 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. Athletics Circuit: Children work in pairs and move around an Athletics Circuit (Long jump, triple jump, hurdles and sprinting). At each station they record the distance/time of their partner. The second time around the circuit each child tries to beat their previous score. 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

Year 3 - Intro to Athletics

Lesson Plan

Lesson Objective	To introduce the ability of running for distance	Lesson 5/6
Equipment Needed	Cones, markers.	
Success Criteria	Children can: • Understand that when running for distance they must pace themselves in order to complete the distance set • Give a last push to the finish line in the closing stages	
Adapted Learning (Differentiation) (Challenge)	Vary the distance that each child must run. Move cones closer / further away when needed.	
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 Shuttle Runs: Place markers 20m apart. Children complete three shuttle runs on the course then swap with partner. 400 Metres: If you can create a 100m square (25x25m). Children start by running the first side of the square (25m) then stop. Partner two then goes. Next time they run two sides of the square (50m). This continues until the run around the square four times, adding one more side at a time. Athletics Circuit: Children work in pairs and move around an Athletics Circuit (Long jump, triple jump, hurdles and sprinting). At each station they record the distance/time of their partner. The second time around the circuit each child tries to beat their previous score. 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 for the duration of the race.	

Year 3 - Intro to Athletics

Lesson Plan

Lesson Objective	To perform in a Mini 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	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Cross Curricular Links	Links to mathematics due to measuring.	
Warm Up	The Clean Up: Split the class into groups of no more than five. Place as many cones as you find, children are going to clean it up. Children must sprint out and pick one item at a time and bring it back to their team. When everything is gone the team with the most wins.	
Main Activity	Sports Day: Organise your class into pairs and set out all activities that have been completed during this Unit of Work. 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 and 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	