

<b>Lesson Objective</b>	To work on running and changing direction quickly	<b>Lesson 1/6</b>
<b>Equipment Needed</b>	SAQ Ladders, cones, markers, beanbags, tape measures, stopwatches.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Know how to safely find space and move around avoiding obstacles</li><li>• Travel at various speeds and can change the way they are travelling</li><li>• Run efficiently using the correct technique</li><li>• Safely under control stop and start running/moving</li><li>• Travel at various speeds and can change the way they are travelling</li></ul>	
<b>Key Questions</b>	How do we run races?	
<b>Warm Up</b>	<p><b>Cat &amp; Mouse:</b></p> <p>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.</p>	
<b>Main Activity</b>	<p><b>SAQ Circuit (Set up stations using SAQ equipment:</b></p> <ol style="list-style-type: none"><li>1. <b>Agility Ladders</b> - 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</li><li>2. <b>Fast Feet</b> - 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</li><li>3. <b>Shuttle Runs</b> - Place markers 15 metres apart. Children complete three shuttle runs on the course then swap with partner</li><li>4. <b>Bean Bag Shuttle</b> - 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.</li></ol> <p><b>Sprinting Technique:</b></p> <p>Organise the class into pairs, numbered 1 and 2, along a set point. Explain and demonstrate to the children how to sprint as fast as possible (see overleaf). Children take turns sprinting continuously until teachers asks them to stop.</p>	
<b>Cooldown</b>	Discuss Success Criteria.	

<b>Lesson Objective</b>	<b>To throw small pieces of athletic equipment for distance</b>	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Cones, markers, beanbags.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Judge the distance they need to throw and can aim accordingly</li><li>• Throw a variety of small athletic pieces of equipment for distance</li><li>• Perform learnt skills with some control and coordination</li><li>• Run, throw, and jump in a safe and controlled manner</li><li>• Show a preference for a dominant hand</li></ul>	
<b>Key Questions</b>	How do we throw?	
<b>Warm Up</b>	<p><b>Dishes &amp; Domes:</b></p> <p>Spread cones out in an area, some as domes some as dishes. Split the children into two groups, one will be dishes and one will be domes. Children that are domes will turn all dishes in to domes and the children that are dishes will turn all domes in to dishes. Children play this until teacher blows whistle. Cones are counted at the end. Points are awarded to the winning team.</p>	
<b>Main Activity</b>	<p><b>Fire-Fighters Challenge:</b></p> <p>Split the area into two, with each area divided in to three, each of the three areas are labelled, 'boiling' 'hot' and 'warm'. The children imagine the area is a house that is on fire and their job is to become fire-fighters and put it out. The aim is to use an over-arm throw to throw a beanbag into the burning building. In teams of four they throw three bean bags each into the house, to 'put out the fire'. Once all beanbags have been thrown. Count the scores as follows. 'Warm' = 1 point), 'Hot' = 5 points, and 'Boiling' = 10 points. Repeat and try and beat their previous score.</p> <p><b>Throwing For Distance:</b></p> <p>Children work in pairs, numbered 1 &amp; 2. Player 1 stands on the 'throwing' line and Player 2 Stand behind the 'safety' line. Player 1 throws their equipment (bean bag, tennis ball, foam javelin, foam discuss,) and allows it to bounce. They then walk out to the place where to first landed and places a cone as a marker. They return back and swap with player 2 and stand behind the safety line. Repeat. Introduce the Key Technical Points in stages and allow time for each pair to practice the technique. PROGRESSION: See if the children can beat their original mark.</p> <p><b>Throwing For Distance:</b></p> <p>Split the class into four groups and set out four areas in the corners of the hall/area. Set a time limit, then tell the kids the team with the least amount of bean bags in their zone when time is up wins. Children are not allowed to leave their area.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Throwing:</b></p> <ul style="list-style-type: none"><li>• Stand side-on before they throw</li><li>• The throwing hand stays high throughout</li><li>• Children should bend at the elbow and throw up and out</li></ul>	

**Lesson Objective** To race through obstacles, when jumping, crouching, and dodging is required **Lesson 3/6**

### Equipment Needed

### Success Criteria

Children can:

- Use fundamental movements (jog, jump, hop, balance, skip, side to side, change of direction)
- Run at an object and safely jump over to continue running
- Duck under and crawl through objects to continue racing

### Key Questions

How do we jump over a hurdle?

### Warm Up

**Dishes & Domes:**

Spread cones out in an area, some as domes some as dishes. Split the children into two groups, one will be dishes and one will be domes. Children that are domes will turn all dishes in to domes and the children that are dishes will turn all domes in to dishes. Children play this until teacher blows whistle. Cones are counted at the end. Points are awarded to the winning team.

### Main Activity

**Hurdles Technique:**

In groups of four groups, stand single file, when one pupil has cleared the second hurdle the next pupil may start to attempt to clear them. Ensures pace of lesson remains high. **PROGRESSION:** Set a time limit for all groups, within that time limit see how many 'laps' they can complete. A lap involves the child moving over the hurdles then running around back to the start, flowed by their teammate. **COMPETITION** – First team back with all players racing wins.

**Athletics Circuit:**

Lay out as many mini hurdles as will fit in your area and 6-7 plastic hoops on the floor in the hall. Refer to the hurdles as 'SNAKES' and hoops as 'LADDERS'. Pupils must jump over the hurdles and hold crawl through the hoops (use small tunnels if you have them).

**Moving Obstacles:**

Children will move around the hall/space, jumping over, walking along, and climbing through several obstacles. The children will practice jumping, crawling, and walking along a bench. (Encourage jumping with two feet and landing with two feet).

**Obstacle Races:**

Split the class into four groups of random ability and place each in a corner of your playing area. Set up the track on the inside of the space (rectangle/square). Along each side of the track the children must complete a different activity (Hurdles, tunnels, hoops, benches, beanbag throw etc.)

### Cooldown

Recap and discuss Success Criteria.

<b>Lesson Objective</b>	To jump for distance using a set footwork pattern	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Cones, markers.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Understand the basics of jumping and landing</li><li>• Know to bend their knees to jump and land safely</li><li>• Jump for distance when using a two footed jump approach</li><li>• Revise and refine the fundamental movement skills they have already acquired: Rolling – crawling – walking – jumping – running – hopping – skipping – climbing</li></ul>	
<b>Key Questions</b>	How do we jump?	
<b>Warm Up</b>	<p><b>Spots:</b></p> <p>Children move around the hall looking to touch as many spots as they can in 20 seconds. Encourage the children to go to the open 'spots' and to always be looking around for the open space. Give the children challenges, who can touch the most spots in the 20 seconds, who can touch every spot in the hall in 20 seconds.</p>	
<b>Main Activity</b>	<p><b>Stepping Stones:</b></p> <p>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.</p> <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. PROGRESSION – Each child then can beat their distance.</p> <p><b>Athletics Circuit:</b></p> <p>Demonstrate how the children could jump over a wave from two feet to two feet, explore other ways that the children may jump over the waves, different shapes, or different foot patterns. Shapes: Straight, star and tucked Foot pattern: 1 foot to 2 feet, 2 feet to 1 foot, 1 foot to 1 foot (hopping) and 1 foot to the other.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	

<b>Lesson Objective</b>	<b>To race in teams and follow set instructions</b>	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Cones, markers, relay batons (bean bags), bean bags, tennis balls.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Race in relays and work together as a team to finish a race</li><li>• Show a clear understanding of tasks they are given</li><li>• Start to understand athletics terminology (hurdle, relay, sprint)</li><li>• Match their developing physical skills to tasks and activities in the setting</li></ul>	
<b>Key Questions</b>	How do we race as a team?	
<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>Tidy Classroom:</b></p> <p>Split the class into groups of no more than 4/5. Throw out as many cones as you find, you're making a mess, the children are going to clean it up! (Use other stuff if you haven't got many cones). Children must sprint out and pick one item at a time &amp; bring it back to their team. When everything is gone the team with the most wins.</p> <p><b>Relay Techniques:</b></p> <p>In groups of four, stand in a line behind a cone. Each pupil takes it in turns to sprint out and around a cone. When they return to their group the next pupil sprints to the cone. PROGRESSION: Each group has a relay baton (or beanbag) and they must hold it when running to the cone and back, the next player cant set off until they are handed the baton.</p> <p><b>40 Metres:</b></p> <p>If you can create a 40m square (10x10m). In groups of five (two players at the start) children start by standing on a corner of the area. The first player runs to player 2 and hands them the baton. Player 2 then runs to player 3 and this continues until player 5 arrives back at the starting cone. PROGRESSION: Races – On the coaches call the first team back in their starting position wins.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	

<b>Lesson Objective</b>	To perform in a Sports Day, using event and techniques shown	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Cones, markers, relay batons (bean bags), bean bags, tennis balls.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Perform in a variety of events against other pupils</li><li>• Use basic running, jumping and throwing techniques to achieve some success</li><li>• Identify methods of how to improve running, jumping and throwing techniques</li><li>• Know what each event entails</li></ul>	
<b>Key Questions</b>	What do we need to remember in each race?	
<b>Warm Up</b>	<p><b>The Clean Up:</b></p> <p>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.</p>	
<b>Main Activity</b>	<p><b>Sports Day:</b></p> <p>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.</p> <p>Complete the Edstart Champions Program and achieve personal bests for all challenges:</p> <ul style="list-style-type: none"><li>– Can you beat your previous score?</li></ul>	
<b>Cooldown</b>	Record scores and discuss Success Criteria.	