

Year 1 - Sports Day Events

Lesson Plan

COMPETING
EDSTART

Lesson Objective	To work on running and changing direction quickly	Lesson 1/6
Equipment Needed	Javelins, discus, cones, markers, beanbags, tape measures, stopwatches.	
Success Criteria	Children can: <ul style="list-style-type: none">Change direction quicklyBe more agile when running and turningRun efficiently using the correct techniqueSafely under control stop and start running/movingTravel at various speeds and can change the way they are travelling	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Cross Curricular Links	Links to mathematics due to measuring.	
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	SAQ Circuit (Set up stations using SAQ equipment): <ol style="list-style-type: none">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 ladderFast 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 towardsShuttle Runs - Place markers 15 metres apart. Children complete three shuttle runs on the course then swap with partnerBean 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. Sprinting Technique: 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.	
	Complete the Edstart Champions 30m Dash and 20m Agility Test.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Sprinting - Encourage children to slice through the air w/ hands Move arms 'Hip to lip, not across the zip' Keep head facing forwards always.	

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Lesson Objective	To throw small pieces of athletic equipment for distance	Lesson 2/6
Equipment Needed	Javelins, discus, cones, markers, beanbags, tape measures, stopwatches.	
Success Criteria	Children can: <ul style="list-style-type: none">• Judge the distance they need to throw and can aim accordingly• Throw a variety of small athletic pieces of equipment for distance	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Cross Curricular Links	Links to mathematics due to measuring.	
Warm Up	Incoming: 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.	
Main Activity	Fire-Fighters Challenge: 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. Throwing For Distance: Children work in pairs, numbered 1 & 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. <ol style="list-style-type: none">1. Grip – just past halfway towards the back of the javelin.2. Body movement for power – leaning back arm straight, twisting hips rounds pushing body forwards and bring arm through. SAFETY: All pupils stay on Safety line until told otherwise. Make sure all pupils have thrown before you instruct pupils to fetch their javelins. Complete the Edstart Champions javelin.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Throwing: <ul style="list-style-type: none">• Stand side-on before they throw• The throwing hand stays high throughout• Children should bend at the elbow and throw up and out	

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Lesson Objective	To race through obstacles, when jumping, crouching, and dodging is required	Lesson 3/6
Equipment Needed	Hurdles, tunnels, cones, hoops, markers, beanbags, tape measures, stopwatches.	
Success Criteria	Children can: <ul style="list-style-type: none">Run at an object and safely jump over to continue runningDuck under and crawl through objects to continue racing	
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	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, followed by their teammate. COMPETITION – First team back with all players racing wins. 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.) Athletics Circuit: Children work in pairs and move around an Athletics Circuit (Standing high jump, javelin, 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 standing high jump.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Agility – Children can change direction (height) at speed whilst maintaining control and balance.	

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Lesson Objective	To jump for distance using a set footwork pattern	Lesson 4/6
Equipment Needed	Cones, markers, tape measures, stopwatches	
Success Criteria	Children can: <ul style="list-style-type: none">Understand the basics of jumping and landingKnow to bend their knees to jump and land safelyJump 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	Freeze Tag: 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.	
Main Activity	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. 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. PROGRESSION - Each child then can beat their distance. Athletics Circuit: Children work in pairs and move around an Athletics Circuit (Long jump, hurdles, javelin 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 standing long jump.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Jumping: <ul style="list-style-type: none">Place both feet shoulder width apartBend knees and swing arms backwardsLook forwards as you take off Landing: <ul style="list-style-type: none">Land with feet level and they bend their knees minimise impact on landing	

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Lesson Objective	To race in teams and follow set instructions	Lesson 5/6
Equipment Needed	Cones, markers, relay batons (bean bags).	
Success Criteria	Children can: • Race in relays and work together as a team to finish a race	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
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	Tidy Classroom: 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 & bring it back to their team. When everything is gone the team with the most wins. Relay Techniques: 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 can't set off until they are handed the baton. 100 Metres: If you can create a 100m square (25x25m). 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 run 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. Complete the Edstart Champions sit & reach test and speed bounce.	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Handing Over The Baton: The child receiving the baton holds their hand out towards their partner, who places it in between the fingers and thumb.	

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Lesson Objective	To perform in a Sports Day, using event and techniques shown	Lesson 6/6
Equipment Needed	Javelins, discus, sit & reach board, cones, markers, stop watches.	
Success Criteria	Children can: <ul style="list-style-type: none">Perform in a variety of events against other pupilsKnow what each event entails	
Adapted Learning (Differentiation) (Challenge)	Group/race 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 for all challenges: - Can you beat your previous score?	
Cooldown	Record scores and discuss Success Criteria.	
Key Technical Points	Children will be able to complete the Edstart Champions Award and record their best score for each event.	