

Sprints

Learning Intentions:

Children develop an awareness of speed and distance.
Children learn to run at different speeds and durations.

Split the class into small groups. Children work in a relay format running up their lanes to the black line then return to their group.

Children change the way they travel each time they pass a line. Example, sideways, skipping or backwards.

Encourage children to run with straight backs/chest out and good motion of arms and legs.

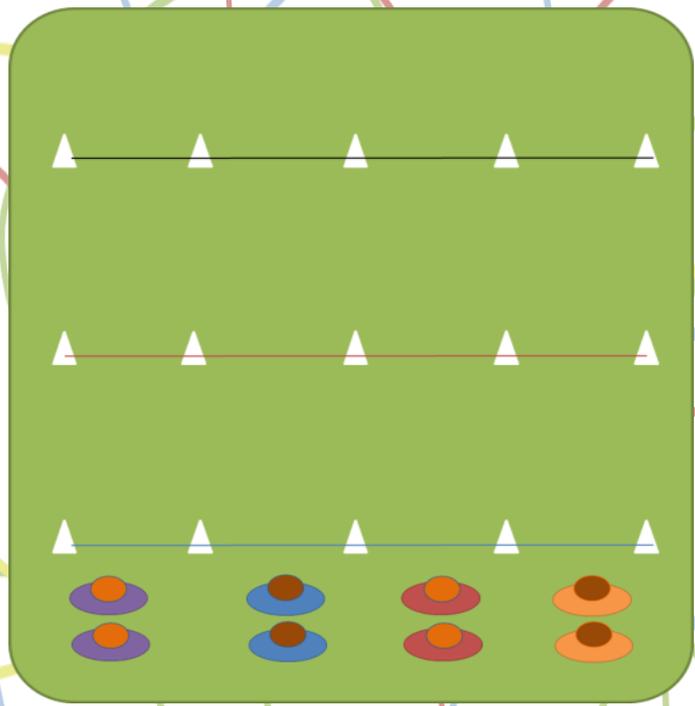
As children reach the far line the next child can set off running.

Place beanbags at the end of the lanes. Children race one at a time to retrieve a beanbag. Children continue to race against the other teams until all the beanbags have been taken.

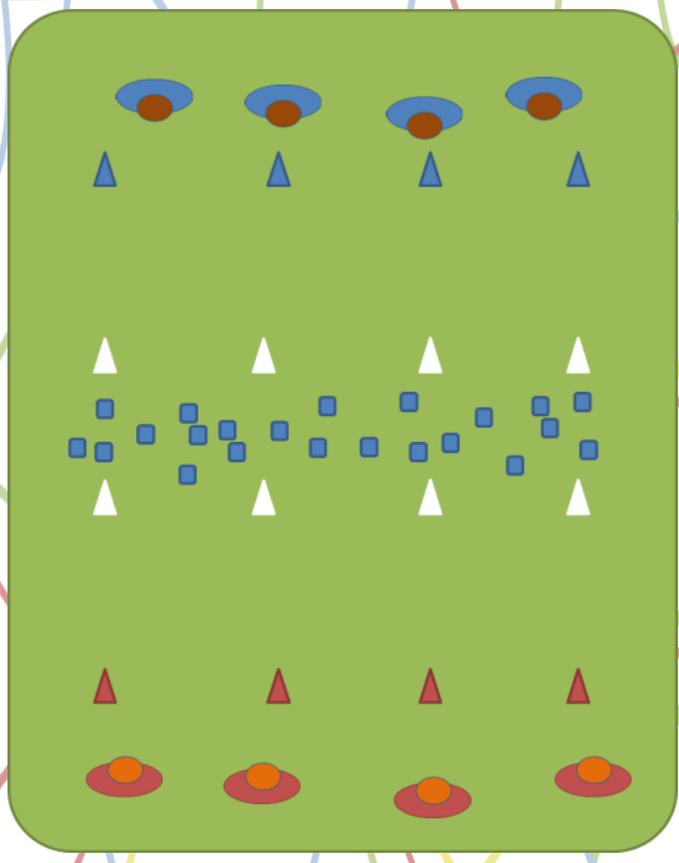
Children are now split into two teams. On the teacher's signal children race to the middle to collect a beanbag, children must then take it back to their area before repeating the process. When all the beanbags have been taken from the middle children can then collect from the other side.

Introduce a guard to the zone in the middle. The guard can tag children once they have entered the central zone. If they receive a tag then they must complete one lap around their start cone before trying to collect a new cone.

Equipment Athletics



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Relays

Learning Intentions:

Children develop an awareness of speed and distance.

Children learn to run with coordination and control.

Split the class into small groups. Children work in a relay format running up their lanes to the black line then return to their group.

Children change the way they travel each time they pass a line. Example, sideways, skipping or backwards.

Encourage children to run with straight backs/chest out and good motion of arms and legs.

As children reach the far line the next child can set off running.

Place beanbags at the end of the lanes. Children race one at a time to retrieve a beanbag. Children continue to race against the other teams until all the beanbags have been taken.

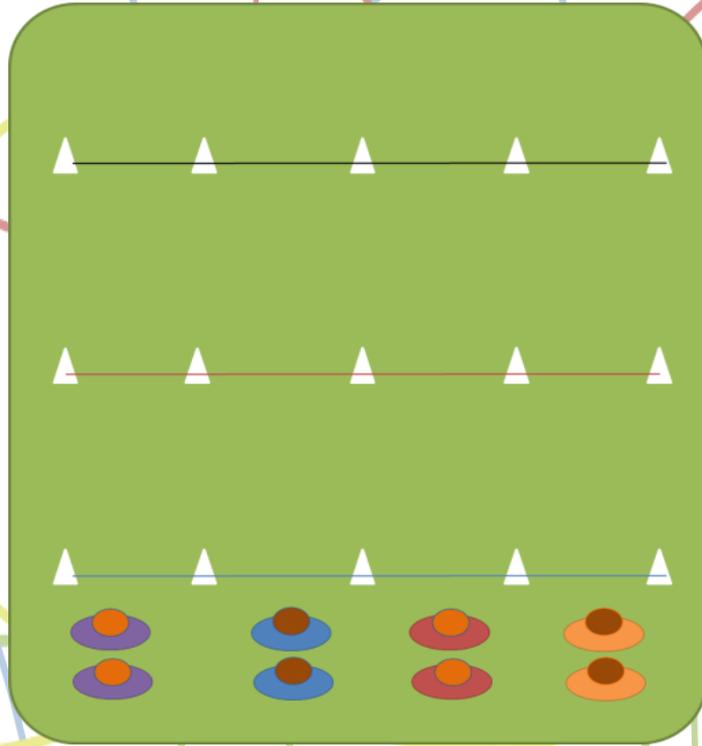
Split the class into small groups. On the teacher's signal one child from each square must race round the area (follow green arrows). Racing children must carry a beanbag and then give this to the next child. Change over of beanbag must take place inside the square. Children complete one lap with the winning team finishing first.

Encourage children to run with their head up and back straight.

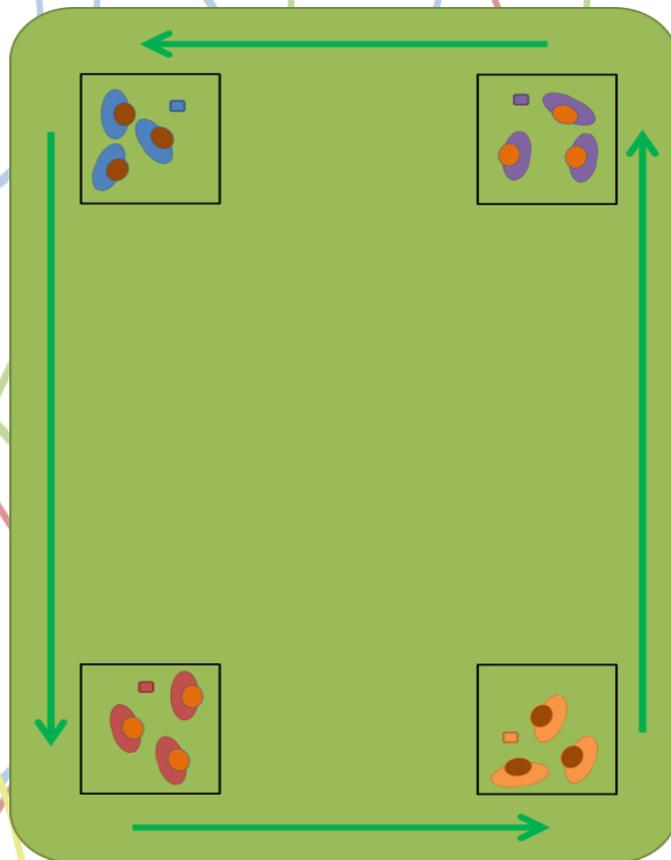
Add hurdles to the outside. Children must pass over each set of hurdles as they race around the course.

Encourage children to run in straight lines whenever possible.

Equipment Athletics



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Curling

Learning Intentions:

Children select an appropriate force when throwing at a target from different distances.

Split the class into pairs or small groups. Each group receives a beanbag. Children holding the beanbag race up past the red line then turn and slide the bean bag to the waiting children. When a group has passed the red line ten times and returned to their line the game finishes.

Change the way children travel. For example sideways, backwards or hopping.

Split the class into pairs or small groups. Children receive 3 matching beanbags each and a yellow beanbag for the group. One child must slide the yellow beanbag down the lane (this must not go past the red line). Children then take turns to slide their beanbags trying to get it as close to the yellow marker. As they can After children have released their beanbags the closest to the yellow marker wins. Children repeat the game with a new child sliding the yellow marker to start.

Add a rule for when a beanbag lands outside the lane. Example, second chance or no score.

Eyes looking at the target.

Stand with feet slightly apart with one foot at the front and one foot at the back.

Bend your knees so your hand is closer to the floor.

Keep your throwing arm straight throughout.

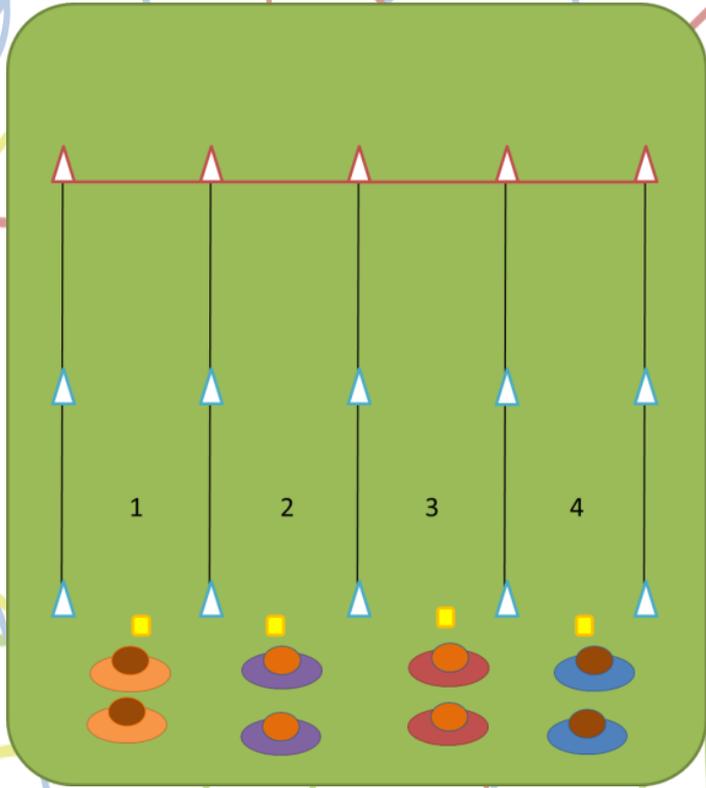
Swing arm backwards.

Swing arm forwards releasing the beanbag at the arm. travels past your body.

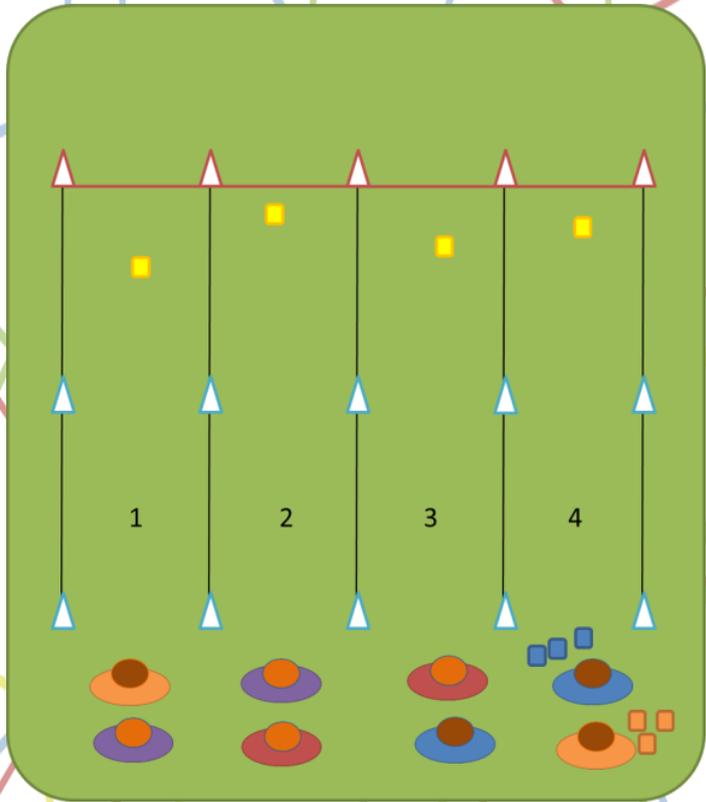
Add a point scoring system. For example ,the nearest beanbag to the marker gets three points, second closest receives two points and third away from the yellow beanbag receives 1 point.

Challenge the groups by moving the red line further away or make the lanes narrower.

Equipment Athletics



Equipment Athletics



Jumping

Learning Intentions:

Children develop an awareness of distance and height.

Children learn to take off, land whilst demonstrating control and coordination.

Children play 1v1 in a game of rock, paper, scissors. As soon as the game finishes the winning child must run past the red line and return to the square in the middle. The child that loses the game of RPS must run past the yellow line and then back to the square. The first child to return to the square wins a point.

Make sure the square is large enough to avoid collisions.

Change the way children travel up to the end lines. Example side steps, jumping or backwards.

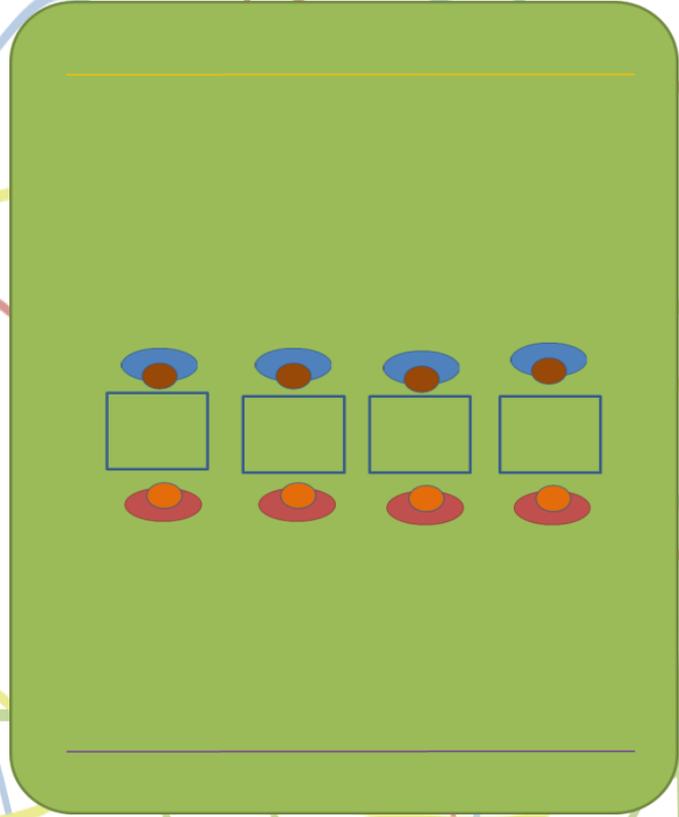
Children must cross both lines before returning back to the square.

Children could also play the game in a group of three with one child playing the initial game of RPS then the race breaks into a relay format to complete the race.

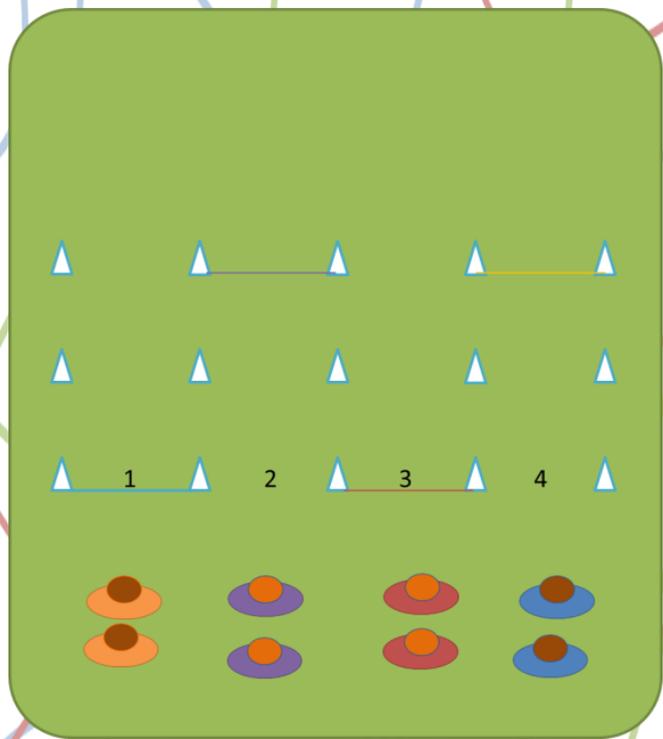
Lane one standing leap. Take off from one foot and land on the other foot without a run up. Lane two, a leap from a running start. Lane three, three leaps from a standing start. Lane four three steps from a running start.

Let children have a practise on each event. After everyone has had a practice let children decide which event they think they would best represent their team. Children can not pick the same event as their team mate. Award five points to the team that wins each event, four points to the team that finishes second and three points to the team finishing third. Teams group together and add all the scores to find their overall team score.

Equipment Athletics



Equipment Athletics



Throwing

Learning Intentions:

Children learn to throw in a coordinated way.

Children learn to throw a range of different equipment.

Children race in pairs or in small teams and must complete the race in a relay motion. The first child throws the beanbag as far as they can. They then turn and high five the next child. The next child runs to the beanbag and throws it as far as they can down the lane. Children continue to race in a relay throwing the beanbag until the beanbag crosses the finish line. If the beanbag strays outside of the lane they must start again from the beginning.

Challenge the groups by moving the finish line further away or make the lanes narrow.

Change the way children throw the beanbag. Example, under arm, over arm or facing the opposite way and throw it over their head.

Change the equipment from beanbags to foam javelins.

Add gaps in between the lanes to avoid children being struck with straying javelins.

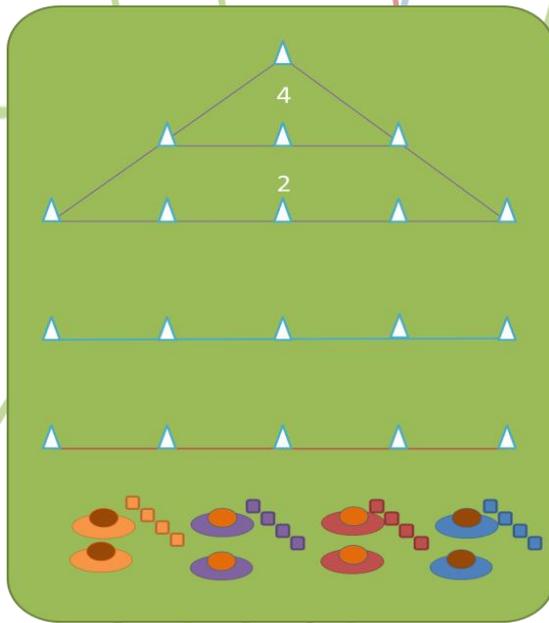
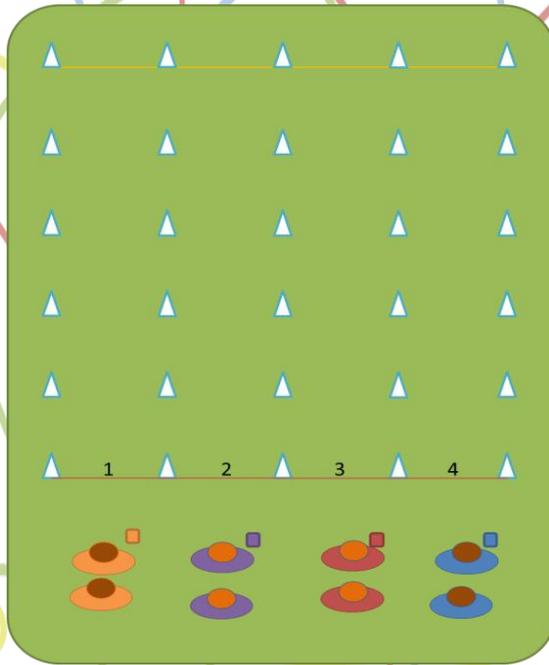
Children take turns to throw the beanbags into the triangle. Before they release the beanbag they must run to the blue line. The first team to throw all their beanbags and return to their line wins a bonus point. After the race children add up their scores to find out which team wins.

Challenge the groups by moving the throwing line further away from the triangle.

Change the way children throw the beanbag. Example, under arm, over arm or facing the opposite way and throw it over their head.

Change the equipment from beanbags to foam javelins.

Equipment Athletics



Equipment Athletics

Mini Olympics

Learning Intentions:

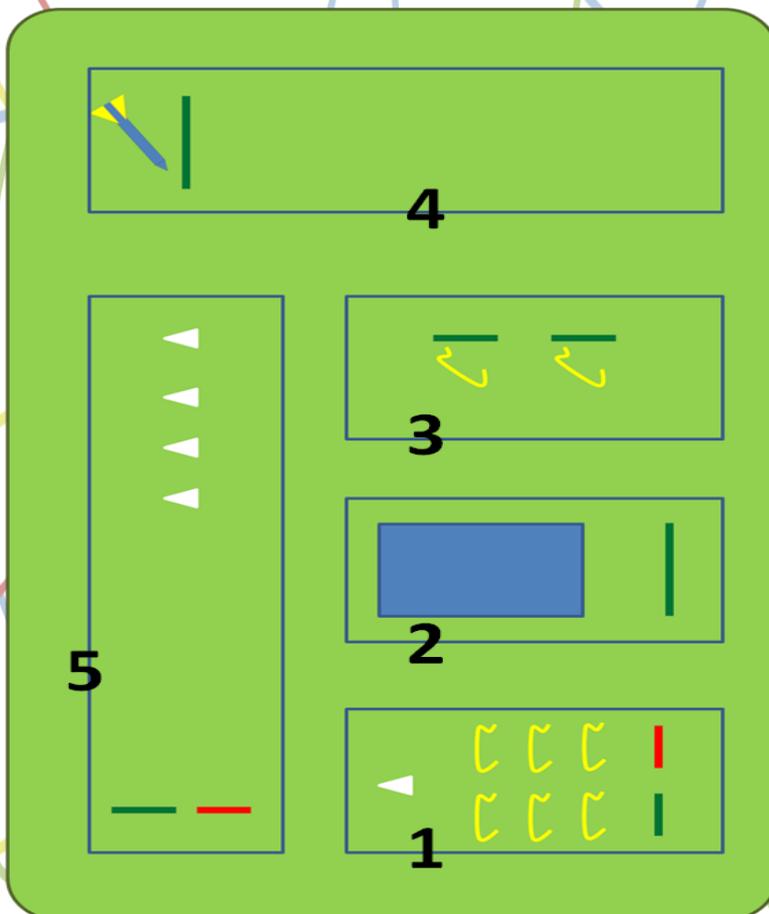
Children use different techniques and speeds to compete against each other as a team and individually.

Split the class into teams of 5. Place each team on a event. Let each team practise an event for 5-10 minutes before changing to the next event. After each team has had a practise on all the events ask children to discuss which event they feel they would best represent the team in a competition. Teams must send one child to represent their team on each event. One child from each team compete against the other children to earn points. The winning child receives 5 pts, the child in 2nd place wins 4 pts for their team, 3 pts goes to the team in 3rd place, 2 pts for 4th and 1 point for finishing 5th. When all the events have finished add up the totals to find a winning team.

Ask children to pick a country to represent as if representing in the Olympics.

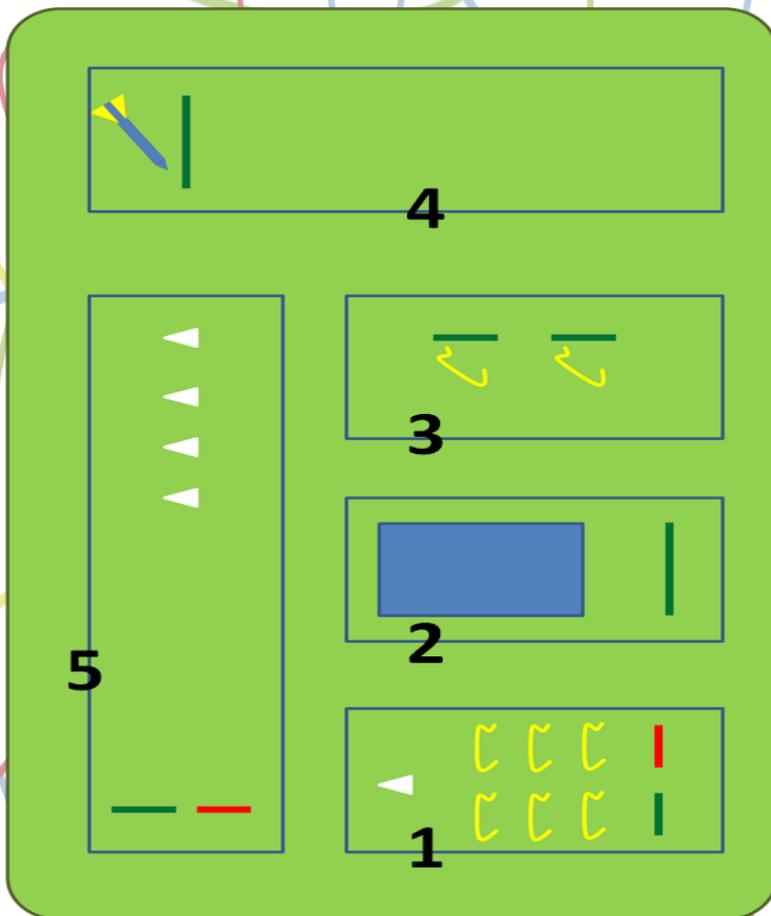
Play the events one at a time so children get the chance to observe their teammates.

Select different children to officiate the events.



Mini Olympics

1. Hurdle Sprints. Children run over the first set of hurdles, around the cone and back over the hurdles. Encourage children to run with straight backs with their head up, good arm motion, high knee drives and light touches on the floor using the balls of their feet.
- 2, Long Jump. Start with feet together. Feet remain together throughout flight. Before take off bend knees and lean forwards with arms back. As you can no longer hold your bodyweight (from leaning forward) push from the floor swinging your arms forward. As your arms swing powerfully forward swing legs forward landing with bent knees.
- 3 Spring jumps. Complete 10 jumps over the small hurdle in the fastest time. Encourage good rhythm landing on the balls of their feet.
- 4, Javelin. Hold the javelin in the centre. Stand sideways in a star shape with arms straight (javelin in back hand). Bend back knee. Push up from the back knee transferring body weight forwards and upwards. When pushing from the floor rotate body and arms releasing the javelin as your arms switch position. If javelin goes too high you are releasing too early, if javelin goes too low your releasing too late. As your arm are switching position step forward with your back foot creating a follow through.
- 5, Zig Zag Sprint. Encourage children to run with straight backs with their head up, good arm motion, high knee drives and light touches on the floor using the balls of their feet.



Equipment Athletics