

Athletics Lesson 1

Objectives: to enable the child to

- engage in an active warm-up
- practise running over distance and sprinting activities
- explore various ways of jumping
- find out about a warm-up, the meaning of sprinting, the rules of the standing start

Warm-up	
	<p>Children find their own space and</p> <ul style="list-style-type: none"> ● stretch arms high and drop them low ● wave hands in the air ● bounce gently on the spot with both feet together ● hop on the spot on one foot, then on the other <p>Children walk from their own space, find another spot and freeze when the teacher blows the whistle.</p> <p>Children walk from their own space, change direction when the teacher calls 'change'/'cas timpeall' and continue to change when the teacher calls or when they meet an obstacle/another child.</p> <p>Repeat the above while jogging for about 20-30 seconds. Always 'freeze' when the whistle is blown.</p>
	<p>Stand in a space and do some swinging actions</p> <ul style="list-style-type: none"> ● stretch arms high and swing low ● swing your arms from side to side <p>Now</p> <ul style="list-style-type: none"> ● stretch as high as a giraffe, hands high above the head ● from a curled position burst upwards and curl up again ● stand with your hands on your shoulders and knees bent, straighten your legs and bend your knees again: repeat a few times
	<p>Children perform stretching exercises for the neck, arms, back and legs (see <i>stretching exercises from Action for Life Programme Teacher's Notes</i>)</p>
	<p>Place hands on the floor and 'walk' feet away from the hands until body is flat, now 'walk' your hands around in a circle, keeping your feet fixed (supporting weight on your hands and feet)</p>

Teacher Questions

- Q. Did you enjoy those activities?
 Q. How do you feel now?
 Q.(*)Why do we need to warm-up?

Development

Children spread around the play area, working individually.

Activity	Teaching points/questioning
<p>1. Jumping</p> <p>Each child finds a space and explores</p>	<p>Encourage gentle jumping, ask them to try jumping longer or higher only if the children are on a soft surface (grass, sand).</p>

various ways of jumping e.g. one foot to the same (hop), one foot to the other (step), two feet to two feet, one foot to two feet.	Encourage safe landings by bending the knees and keeping the back straight.
(*) Combine sequences of jumps	Ask children to explore with various combinations and then ask children to copy one child's sequence. <i>Combine a hop with a step and then land on two feet: what athletic event are you now practising?</i>

Teacher places cones/markers around the play area forming a 'trail', some sections should encourage running straight, other sections curved or zigzag. Children work individually.

Activity	Teaching points/questioning
2. Running: running over distance Children walk, then jog from cone to cone following the 'trail' of cones.	Children follow in line, first walking the trail briskly, then jogging it a second time. Children should be moving for 30-40 seconds.

Children line up in groups of eight, each child standing behind a marker and a second marker is placed 10 metres away.

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x x x x x x x
x x x x x x x
x x x x x x x
x x x x x x x
y y y y y y y

y y y y y y y

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(x denotes child, y denotes marker)

Activity	Teaching points/questioning
3. Running: sprinting Each child walks from one marker to the marker opposite.	Teacher calls 'go' to start, emphasis on walking in a straight line. Repeat until all children walk to correct marker. Children walk back down the side of the lines. <i>How do we make sure that we all start at the same time?</i> <i>(use of 'on your marks, set, go', see next activity)</i>
Activity	Teaching points/questioning
4. Running: sprinting including practice for standing start Each line of children stand back from the marker and walk to the first marker on hearing 'on your marks', crouch low by bending the knees on hearing 'set', and run/sprint on 'go'	Remember to enforce this standing start for every sprint practice to set up a good habit of starting by the children. Children should return by the side and line up again to repeat. Take this practice slowly...if children perform it well, subsequent classes run more smoothly. <i>What is running very fast called? (Sprinting)</i> <i>What is used to help sprinters start very quickly? (Blocks to give them grip)</i>

Concluding activity/cool-down

Children jog around the play area.

Children repeat three stretching exercises that they performed in the 'warm-up'.

Children walk around the play area in line.

Resources: indoor or outdoor play area, whistle, markers/cones.