

# LESSON PLAN: ATHLETICS: WEEK 1

LESSON OBJECTIVES: To introduce good technique and examine pace. To look at chest push technique.

## WARM UP (10 MINS) Technique

Set up Create a grid approximately 15m x 15m

- As part of a warm up deliver good running/movement mechanics – look at what moving around the square (marching) with quiet feet. Fingertips should move from “hip to lip” ensuring elbows are at 90 degrees and are driven back (describe as not playing the drums). This video gives an idea of what we are looking for <https://www.youtube.com/watch?v=nPGagjVkQ9s>
- After march move into a skip, ensuring quiet feet and also arm movement remains (“hip to lip”)
- Develop the skip to look for height as they travel – concentrate on driving the arms up to help.
- Move onto “butt flicks” heels - flick the bottom. Still remembering arm movement and not putting the hands behind to flick with feet.
- Next discuss that arms dictate the speed of the legs and demonstrate by getting children to run slowly on the spot then ask them to move their arms as fast as they can. The legs will follow the speed of the arms and we can reinforce this message.
- Children then walk around the square and on the shout of “GO” they sprint on the spot for 5 seconds. Check for correct arm movement, they are upright and knees are driven high (not shuffling as they run). This can be done 3 times to challenge more speed each time.

## TASK ONE (5-10 MINUTES) Pacing

In a marked area (could be around a path or the field) children are challenged to run for 4 minutes without stopping. Encourage the children to not focus on how far they run but to keep to a pace that allows them to run without stopping.

The running personal challenge resource has more detail:

<https://valeroyalschoolsport.files.wordpress.com/2020/11/vrssp-sg-challenges.pdf>

## EQUIPMENT/RESOURCES

- Cones
- Balls, such as netball or basketballs

For more activities please visit <https://valeroyalschoolsport.org/home-learning/> or subscribe to our YouTube playlist <https://www.youtube.com/playlist?list=PLAi9D42KEBUZfqGPJ9SFXRAzKe2kkVYdU>

## KEYWORDS/PHRASES

- “Hip to lip”
- “Quiet feet”
- Push (correct angle) for distance

## Adaption/Challenge/Homework

Harder	Easier
In warm up run on the spot for longer	Less time running on the spot
Pacing – challenge to complete a minimum amount of laps	Pacing – if you can't run for the period of time keep walking



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## TASK TWO (15-25 MINUTES) Sprinting games

Each child has a cone and their first sprint sees them carrying it. From a marked start line children run for 5 seconds to see how far they can run. Place the cone down, walk back and repeat to see if they can beat their distance. (Reinforce arm movement from the warm up).

With a partner face each other – one partner is going to move side to side while the other mirrors their movements. When the person doing the movements is ready they can turn and sprint while the one doing the mirroring tries to catch them before a set line. Below is a link to some activities that might be helpful in this.

<https://www.youtube.com/watch?v=HOKlrX-lkuo>

## TASK THREE (15-25 MINS) Chest push

(1) Chest push game to concentrate on technique. In pairs pass the ball using the chest push technique (as many time as you can in 30 seconds. Keep changing the distance to help think about the power required. Here is a video of an example of how this can be set up:

<https://www.youtube.com/watch?v=X6V4UPlwAL4>

(2) Once technique has been worked on we can then look at practicing distance. From a set line, working in pairs, complete a chest push and place a cone where the ball first bounced. Take several attempts to try to beat your distance.

This is a video of how the chest push activity is set up:

<https://www.youtube.com/watch?v=24eUAe9QZFc>

## EQUIPMENT/RESOURCES

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[FXRAzKe2kkVYdU](https://www.youtube.com/playlist?list=PLA9D42KEBUZfqGPJ9S)

## KEYWORDS/PHRASES

- "Hip to lip"
- "Quiet feet"
- Push (correct angle) for distance.

## Adaption/Challenge/Homework

Harder	Easier
Sprinting games – sprint for a longer time (maybe 10 seconds)	Sprint for 3 seconds
Chest push (1) – longer period of time.	Chest push (1) – shorter period of time
	Lighter ball.



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**LESSON PLAN:                   ATHLETICS: WEEK 2**  
**LESSON OBJECTIVES:    Jumping for distance and height.**

**WARM UP (10 MINS) Technique**

Set up Create a grid approximately 15m x 15m

- As part of a warm up deliver good running/movement mechanics – look at what moving around the square (marching) with quiet feet. Fingertips should move from “hip to lip” ensuring elbows are at 90 degrees and are driven back (describe as not playing the drums). This video gives an idea of what we are looking for <https://www.youtube.com/watch?v=nPGagjVkQ9s>
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- Children then walk around the square and on the shout of “GO” they sprint on the spot for 5 seconds. Check for correct arm movement, they are upright and knees are driven high (not shuffling as they run). This can be done 3 times to challenge more speed each time.

**TASK TWO (10 MINS) Speed bounce**

Standing to one side of a line – playground markings are perfect for this – see how many speed bounces children can do in 20 seconds. After completing try to make sure they don’t shout out their scores and that they concentrate on their personal best and improving this rather than competing with others.

The personal best resources might also help:

<https://valeroyalschoolsport.files.wordpress.com/2020/11/vrssp-sg-challenges.pdf>

**EQUIPMENT/RESOURCES**

- Cones
- Playground markings (or throw down lines), speed bounce mat (if available)

For more activities please visit <https://valeroyalschoolsport.org/home-learning/> or subscribe to our YouTube playlist <https://www.youtube.com/playlist?list=PLAi9D42KEBUZfqGPJ9SFXRAzKe2kkVYdU>

**KEYWORDS/PHRASES**

- Arms to drive forward.
- Bend the knees and push into the ground with your feet

<b>Adaption/Challenge/Homework</b>	
Harder	Easier
Task 2 – bounce for longer	Task 2 – use only a flat line for jumping over

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# LESSON PLAN: ATHLETICS: WEEK 2

## LESSON OBJECTIVES: Jumping for distance and height.

### TASK TWO (10 MINS) Vertical jump

This video gives an idea of what we might see with a vertical jump and what key points there are to look out for: <https://www.youtube.com/watch?v=Y-cs8F6hryw>

(1) Practice vertical jumps by jumping from a fixed point (marker spots are perfect) and landing on the same point. This can be done for 30 seconds. Focus on:

- Knees bent
- Arms driving up and reaching high
- Landing on the balls of the feet on the same spot and staying balanced on landing

(2) Jump alongside a wall so as the children can touch the wall to see how high they are jumping. If available the children can put chalk on their fingers and use this to mark their height. It is important at this point to stress that you cannot compare with others due to the varying individual heights.

This video can be shown to demonstrate that height is taken into account in this event:

<https://www.youtube.com/watch?v=jxmgzSs92k&feature=youtu.be>

### TASK THREE (15-25 MINS) Standing Long Jump

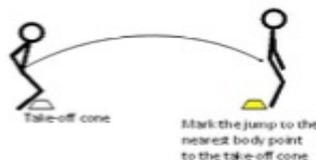
- Line children up with a cone in their hand (or work in pairs where one person places the cone after their partner has jumped) talk through the key points of a good jump:

- ❖ Knees bent so we are using the legs
- ❖ Arms set (very similar to running arms, elbows at 90 degrees) and as you jump drive the arms up.

<https://www.youtube.com/watch?v=dVgtvAXeBQw>

- ❖ Push your feet into the ground
- When the children have jumped they can place the cone at the back of the feet and use it to try to beat previous jumps – ensuring the cone is to the side so as not to jump on it!
- After several attempts we can look at the world long jump record (8.95 metres) and see how many jumps it takes to beat it

<https://www.youtube.com/watch?v=iEmDuy3Ghoc&t=91s>



### EQUIPMENT/RESOURCES

- Cones
- Chalk

For more activities please visit <https://valeroyalschoolsport.org/home-learning/>

or subscribe to our YouTube playlist

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### KEYWORDS/PHRASES

- Bend knees.
- Drive up with the arms.
- Push feet into the floor.

### Adaption/Challenge/Homework

Harder

Easier

Personal Best activities

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