

5-14 Expressive Arts

PHYSICAL EDUCATION



Athletics

Level D



Activity Level Lesson **Athletics D 1** **Sprinting and Standing Triple Jump**

Equipment: chalk, metre sticks, marker cones.

Warm-up

Start lesson indoors.

- 1 Traffic lights.
Green – Go
Amber – Brisk walk.
Red – Stop and stretch. Lots of leg stretches.
- 2 Shuttle relays.
Teams of 6, 3 at each side of gym facing other 3. Stand one behind the other. (Use length of gym.)
 - A. This is not a race. Go slowly. Run tall on balls of feet. Relax.
 - B. Emphasise high knees.
 - C. Emphasise good arm action. Elbows bent, forward and backward motion.
 - D. Race.
Point out gradual raising of pulse during warm up.

Focus

- 1 Standing start.
Same teams but all 6 stand one behind the other.
Place marker at end of gym to run round to avoid running into walls.
Stand back from start line. On command 'Take your marks', walk forward placing foot at but not touching line. Relax.
'Set', crouch slightly with weight on the front foot. Look ahead and stay still.
'Go', push off front foot, work arms hard, run in straight line. (This can be difficult for some. Use painted lines to help you.)
- 2 Standing Triple Jump.
7 hops on best foot, 7 steps on other foot, 7 jumps on 2 feet together.
Repeat doing 6 of each, then 5 of each, then 4, 3, 2 and 1.
Proper sequence is 1 hop on favourite foot, followed by 1 step on other foot, followed by 1 jump onto both feet. Try on spot then moving forward. Concentrate on correct sequence rather than distance. Place favourite foot at start line before hopping onto it.

Conclusion

Try to go outside. Sprint races over 30 m. emphasising the start, running in straight lines, and running THROUGH the finishing lines. (use 2 finish lines 5 metres apart. The race is judged at the first line, but they must run through both lines.)
If inside, start and finish races in the middle of the gym and round markers at the ends.



Cool down.

Activity **Athletics**
Level **D**
Lesson **2 Sprinting and Standing Triple Jump**
Equipment: 3 metre sticks, chalk, mats and benches. Start inside.

Warm-up

- 1 Traffic Lights.
- 2 Groups of 12. Line up along length of gym. Sprint across, touch line at other side with hand, then sprint back touching start line with hand. Repeat 10 times. Take pulse at the end. (Two fingers on the side of neck above the collar bone or two fingers on thumb side of left wrist.)

Focus

- 1 Standing Triple Jump competition.
 Divide into 3 groups with one bench, 4 mats, chalk and metre stick per group.
 Groups sit on bench. Place mats in line, hard against wall.
 2 children measure and draw chalk lines on mats at 1 metre point up to 3 m., then at 20 cm intervals up to 6 m.
 1 child jumps, 1 measures. After measuring, sit on end of bench. After jumping, measure next person.

Conclusion

Sprint Races.
 Groups of 6. Emphasise start, finish, good arm action, and running in straight lines.
 Use 2 finish lines as before. (If inside, start and finish in the middle of the gym as before.)

Cool down.

Activity **Athletics**
Level **D**
Lesson **3 Relays**

Equipment: batons and marker cones.
Outside if possible.

Warm-up

Jogging and stretching. Spend time over leg stretches naming the main muscle groups.

Quadriceps (front of thigh), Hamstring (back of thigh), Gastrocnemius (calf muscle) and Gluteus Maximus (bottom).

Focus

As many teams as space and number of batons allows. Shuttle relay using batons. Revise baton passing. Stand in line, baton with last person. Hold hand well back, with palm facing up.

Receive in left then change to right. Pass baton DOWN into hand. Teams line up in centre of playground with markers placed at each end.

First runner with baton in right hand, runs round each marker then passes to runner 2 who is waiting in the middle. Repeat until all have had a turn. Receiver must keep hand still and allow baton to be put down into hand. Do not try to take it.

Repeat but this time the incoming runner with the baton shouts 'Go' when they get near the next runner. (About 3-5 metres depending on speed of runner and distance run.) The outgoing runner must run fast, so that the baton is passed at speed.

Conclusion

Continuous relays.

Either run round cones as before, or mark out track shape with cones.

Teams of 4. 2 teams race at a time. Team 1 stand at inside cones, team 2 stand at outside cones. Run between cones. After passing the baton, stay where you are ready to run again when baton comes round. Each child runs 4 times, finishing where they started. Explain that in a non continuous relay, each runner would only run once.

Try it if you have time!

Cool down.

Activity Athletics

Level D

Lesson 4 Running longer distances. Pacing

Equipment: marker cones and measuring tape.
Outside if possible.

Warm-up

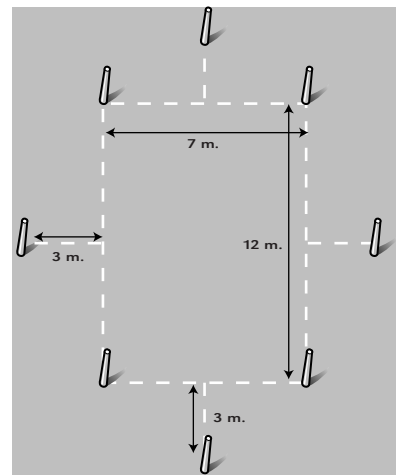
- 1 Jogging and stretching.
- 2 Shuttle relays. **Slow** jogging the first time. **Medium Pace**, the second time. **Sprint** the third time. Note how the different speeds feel.

Focus

File running.
Groups of 5 or 6. (3 if inside.) Use coloured bands for each group. Jog SLOWLY in single file in large circle round the playground. (Up and down length of gym if inside. 3 groups at a time.) On whistle, last person sprints to the front of their group. Keep going till groups are out of breath but still able to put in a sprint. Take your pulse timed over 6 seconds. Multiply your answer by 10 to find your pulse per minute. Note the difference between jogging and sprinting.

Conclusion

- 1 Measure and set out 200 m. track as detailed. (1 track will fit in a gym. Fit 2 tracks outside if possible.) Place 4 markers in rectangle, (2 sides 12 m. long, 2 sides 7 m. long.) 4 extra cones placed 3 metres out from centre of each line. 200 m. 4 laps. Run 5 or 6 at a time. Each runner has a partner at the side who is checking the number of laps run. Try a **medium speed** but **steady pace**, leaving enough for a sprint at the end. You should try to note how you felt. Did you go too fast? Did you go too slow? Did you keep your running steady? Do not put in a burst of speed in the middle of the race as in file running. Know your OWN limitations.
- 2 Try 800 m. over the same track. (16 laps.) You will have to run slower. No bursts of speed (except at the finish). Know your **own** limitations.



Cool down.

It is important to walk and stretch the muscles after strenuous exercise to get rid of waste products in the muscles such as carbon dioxide and lactic acid. Do not sit down.

Activity **Athletics****Level** D**Lesson** 5 **800 metres, soft javelin/cricket ball throw.**

Equipment: marker cones, measuring tape, 2 stop watches, indoor javelin and 4 cricket balls or soft foam tennis size balls.

Warm-up

Jogging and stretching. Revise names of muscle groups.

Focus

Measure out track for 800 m. as last week. Divide into 2 groups. (If inside, 1 group, 1 track.)

Partner at side checking the number of laps run (16). 1 person timing each group. Keep the watch running. Call out the time as the watch runs. Each runner and partner makes a mental note of his or her finishing time. Remember to pace yourself and run steadily.

Conclusion1 **Beat the World Record.**

The class chooses a team of 4 runners, 2 boys and 2 girls. They have to try to beat the woman's world 800 m. record, currently around 1 minute 54 seconds, by running 1 lap each, 1 at a time until they have run 16 laps. Alternatively choose 16 runners who run 1 lap each.

2 **Cricket Ball throw (outside). Javelin or Sitting soccer Ball throw (inside).****Cricket Ball.**

SAFETY is of paramount importance. Do not use real cricket balls unless you have playing fields. Use foam tennis size balls if space is limited or windows are nearby. No more than 4 to throw at a time, with several metres between each thrower. Train the class to throw then wait for command from you to collect their own ball and HAND it to the next person. The next group must not throw until given the command 'THROW'.

Start with a standing throw. Opposite foot forward at the throwing line. Aim for a 45 degree angle of release. Throw with a long arm. Try again with a short run. Throw when opposite foot is at throwing line. Do not cross the line.

Javelin.

Hold Javelin at shoulder height with arm held straight back. Opposite foot forward. Throw with long arm. Aim for 45 degree Angle of release. Try again with short run. Do not cross throwing line. Measure from where javelin touches down, to throwing line.

Sitting soccer Ball throw.

Sit in bench with feet flat on floor. Lean back to throw. Throw high. Measure back from where ball lands to throwing line at feet.

Cool down.

Activity

Athletics

Level D

Lesson 6 Hurdles and 'Hammer' throw

Equipment: Chalk, skittles and canes, 4 soccer balls or 4 tennis balls inside long socks.

Warm-up

Jogging and stretching

Discuss personal hygiene and the need to change and wash after exercise.

Focus

If outside, set up as many lanes as possible (3 hurdles each lane, maximum 5).

Skittles and canes set low and hurdles drawn in chalk. (2 chalk lines 1 metre apart to represent the hurdle).

6.5 m. to next hurdle.

9 m. from start to the first hurdle and 5–10 m. from last hurdle to the finish line.

If inside, use 2 hurdles each lane with 6.5 m. in between each hurdle.

Run over the hurdles, don't jump, and 3 or 5 strides in between each one if you want to lead with the same leg each time.

Raise the height of the canes a little, then try running over them again. Throw heel of leading leg towards hurdle. Trailing leg - Bend at knee and ground it well in front of leading leg insuring a large stride as you cross the hurdle.

Conclusion

1 Hurdles races.

2 'Hammer' Throw.

Use soccer balls or a tennis ball inside a long sock if outside.

Throw in groups of 4. Wait for commands 'throw' and 'collect'.

Stand with your back to the direction of the throw. Throw the ball or 'hammer' high over your left shoulder. (Right shoulder if you are left handed.) Start with it low to the right.

Cool down.