

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Athletics	3/4	#6	Athletics Competition

Equipment

- Javelins
- Cones
- Rope
- Relay Batons
- Metre sticks (if available)

Learning Objective	Success Criteria
• To apply athletics skills in a competitive setting. • To demonstrate improved performance. • To show respect and sportsmanship.	• I can perform with correct technique in events. • I can record and compare results. • I can show respect to others during competition.

Key words

- Competition
- Performance
- Respect

Preparation Ideas/Warm Up

Creative Team Warm Up

Depending on the size of the class, look to split the class into even groups of around 5 people per group. You may want to split them into houses/groups that are used on sports day but you don't want groups to be more than 5-6 per group

Allow the groups to pick their own game to play as part of a warm up in their own small space. Give each group the ability to choose from the following equipment:

- >Cones
- >Bibs
- >Baton
- >Small balls
- >Bean bags
- >Hoops

Skill Development

Game

Athletics Competition

For the competition there will be 5 stations set up that the class will move through and compete at:

- >Station 1 – Sprint races
- >Station 2 – Javelin throw
- >Station 3 – Relay Chase
- >Station 4 – Standing long jump - average jump distance taken
- >Station 5 – Tug of war

Stations 1 through 4 will be set up the exact same way that they are in the previous lessons so refer back to the lessons to set up the area

For station 1 & 2: Points per race/throw:

- 1st – 5 points
- 2nd – 3 points
- 3rd – 2 points
- 4th+ - 1 point

For station 3-5: Points per final position:

- 1st place team – 10 points
- 2nd place team – 8 points
- 3rd place team – 6 points
- 4th place team – 4 points
- 5th place team – 2 points
- 6th+ place team – 1 point

Teaching points

- When competing, we want to see good sportsmanship and children encouraging their team mates as well as applauding other teams for their efforts
- We want to see the children use good technique from the previous sessions when competing at each station. See teaching points from previous weeks if required

Key Questions

- What do we mean by collaboration? – *Working together as part of a group.*
- How can we be a good team mate?
- How can we show good sportsmanship to other teams?

National curriculum links:

- Using running, jumping and throwing in isolation and combinations
- Play competitive games against others
- Develop strength, control, balance and technique through athletic activities

Social and environmental skills:

- Learning to respect others
- Showing encouragement & compassion
- Being able to follow instructions and rules
- Developing team work skills

