

Curriculum area	Topic	Year	Session Number	Skill
Athletics	Athletics	5/6	#4	Hurdle Relay

Equipment

- Cones
- Batons
- Hurdles

Learning Objective	Success Criteria
• To learn the correct technique for the hurdles race and use that in a relay type race • To perform an effective baton changeover whilst completing hurdles • To be able to work as part of a team	• I can pass and receive a baton from others • I can show good technique and rhythm when completing the hurdles • I can maintain speed during a relay race.

Key words

- Team work
- Rhythm
- Hurdles

Preparation Ideas/Warm Up

Germes & Medicine

Choose 3-4 taggers (germs) and the same number of releasers (medicine). The job of the germs is to tag as many people as possible in the time given. The medicine will be given a relay baton each. Their job is to release anyone who has been tagged. To do this, they will hand over the relay baton to the person who has been tagged.

They will then become the new medicine who must find someone else to release.

Play this game 3-4 times changing taggers each time

Skill Development

Hurdle technique

When completing the hurdles, its important that you have a lead leg and a trailing leg. The leading leg should be your dominant leg (which foot would you kick a football with) but allow the children to use whichever they feel more comfortable using. You use the lead leg to initially jump over the hurdle with the trail leg you bring over the hurdle afterwards.

Hurdle Practice

Place small sized hurdles around the safety zone and ask the children to move around the area and when they reach a hurdle, ask them to jump over using the technique. Make sure they are really focusing in on their technique at this point.

Hurdle in rhythm

Set the children up into groups of similar ability. Look for around 4-5 per group. Depending on which group they are in, will determine what height of hurdle they are using for this task. Set up the hurdles (3-4 depending on how many you have available and the space available) in a row with around 5 steps between each of them. The children will take it in turns in their groups to run and complete the hurdle race (we aren't racing against other teams, we are looking for good technique and rhythm)

Allow them to practice a couple times each before stopping the class and asking them to watch their 'rhythm'. Again, allow them to practice a couple of times each and stop the class.

Rhythm - What we want is to ensure that we are not slowing down or disrupting our sprint between each hurdle. We want a smooth transition between the jump and the sprint so that we aren't slowing down and affecting how fast we can complete the race.

Progression:

>Start the hurdles off with a larger gap between each hurdle (6-7 steps) and ask the children to complete the task without slowing down or taking smaller steps.

>As the groups are practicing, if we see good practice and think they need to be challenged more, bring in the hurdles one step.

>Introduce them to a higher hurdle which will make it more difficult to jump over

Game

Hurdle Relay Race

Start the class in the same game as the Year 3/4 session

Split the class into 4 even teams. Create a large circle area (track) with each team lining up at different points (one at the north point, west point, south point and east point). Each team will line up one behind the other on the inside of the circle with the person with the baton on the outside.

The aim of the game is to continuously complete laps, passing the baton to the next person and joining the back of your queue. Your aim is to overtake the team in front. If you overtake the team in front, your team wins a point and the game stops. You then head back to your start point and the game starts again.

The team with the most points when the game finishes win the game. Can we encourage our team mates throughout the game to help and support them.

Progression:

>Introduce two sets of hurdles between each group. Have one smaller sized hurdle and one larger sized hurdle. Go around each team and tell each participant which hurdle you want them to use (higher ability using the larger hurdle, lower ability using the smaller hurdle). Again, get the groups to complete the game using the hurdles. Remember to look for the rhythm between each transition between running and jumping.

Teaching points

- Bring your leading leg up and once you reach the height of the hurdle, extend your knee and point toes towards the hurdle
- Quickly bring your trailing leg over the hurdle, making sure it is tucked up to avoid hitting the hurdle
- Land on your leading foot with a slightly bent knee

- We are looking for good rhythm in their running. We don't want to see the children breaking their stride whilst running and jumping over the hurdle, or taking more steps as they approach the hurdle
- For the relays, look back at teaching points in year 3/4 section to improve skills in passing the baton

Key Questions

- What do we mean by lead leg and trailing leg
- What do we mean by 'rhythm' when completing the hurdles?
- How does good rhythm help us in this session?
- What happens if we don't have good rhythm and technique when completing the hurdles?
- How can we help our team mate who is both receiving and handing over the baton?

National curriculum links:

- Using running and jumping in isolation and combination
- Developing technique, control and balance
- Playing competitive games against others through races

Social and environmental skills:

- Developing team work and collaboration skills
- Developing communication skills when working with others
- Showing encouragement and empathy with others through good sportsmanship