

Curriculum area	Topic	Year	Session Number	Skill
Athletics	Athletics	5/6	#5	Athletics Competition

Equipment

- Shot puts/Bean bags
- Cones
- Hurdles
- 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

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 4 stations set up that the class will move through and compete at:

- >Station 1 – Shot put
- >Station 2 – Hurdle Relay race
- >Station 3 – Triple jump
- >Station 4 – Long distance run

Points per race/throw/jump:

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

Station 1 – Shot Put

Set out the children out into groups of 4-5 per group depending on how many are in the class. Give each team a colour cone (red, blue, yellow etc). Get them lined up in their teams making sure there is a 3-4m gap between each team. Each person from the team will take it in turns to throw the shot put using the correct technique. When they have thrown, someone else from their team will measure the throw and place a cone where the bean bag landed. Each player will do this and then will measure their own score, taking note of their score. Each team's highest score will be taken and used to give points to each team

Station 2 - Hurdle Relay Race

Lay a track out similar to that laid out in the relay and hurdle session plan. Each team will start at the start line, taking it in turns to complete a lap of the track before handing the baton over to a team mate. Once all have completed a lap take the overall time. Allow each team to compete and take a time for all teams.

Station 3 – Triple jump

Set out each group with a station to use. In that station they should be given a number of metre sticks to use as a measuring tool. To make it easier, you may want to mark out the first couple of metres using cones as reference points (this is because the children will no doubt jump further so it is pointless wasting metre sticks on those distances). Get the children in their group taking it in turns to complete the triple jump, alternating who measures the distance. Remember we are marking from the final part of the triple jump (the jump to land on two feet) and we measure from the furthest point back (which will normally be the heel, however if their hands reach back and touch the floor, if they lose balance, you measure from there). Everyone's measurement is taken (remember that everyone should mark down their best score of 3 jumps) and the highest score is used against other teams

Station 4 - Long distance run

Pair each group up with another. Within the two mixed groups, pair a child from one team with a child from another. One will be the runner and one will keep time on a stopwatch. The long distance run will involve either:

- >1 lap of a large field
- >2-3 laps of a small field (this will be a judgement call from yourself)
- >5-6 laps of a large yard
- >8-10 laps of a small yard

Split the class in half, with half running and half keeping time. Once they complete, swap roles. Allow each person to keep a record of their score. Once finished, bring the groups together and mark their scores down. Take the quickest time from each group and use it to award points.

Work out the final scores for each station to work out the top 3 teams overall. Bring the class together and have an award ceremony for the competition. Ask the children how we can show good sportsmanship as the groups are announced in order? (Applauding and celebrating each team as they come up in order)

Make sure that every individual has written down their scores/times from each station and is able to keep that safe in their classroom tray ready for next week's session

Teaching points

- We are looking to see the children working as part of a team. Are they able to communicate well with each other? This will involve them talking and listening
- The leader should be able to take charge of the group and put them into an order for competing in each event.
- For any station, see teaching points from previous lessons for techniques.

Key Questions

- What do we mean by collaboration?
- How can we be a good team mate?
- How can we show good sportsmanship to other teams?
- How did we show good team work and collaboration during the session?

National curriculum links:

- Using running, jumping and throwing in isolation and combination
- Playing competitive games against others as part of a team
- Developing control, strength, balance and technique

Social and environmental skills:

- Developing team work and collaboration skills
- Improving communication skills with others
- Developing leadership skills
- Showing empathy and encouragement to others through good sportsmanship