

Summer 1 – Athletics planning

Year 3

Expectations of the unit

This unit has been written as an opportunity for the children to practice the different events for the Traditional Sports Run-off and District Sports day held this term. It would be a good idea to make a note of the children who are doing well in each event so that when the time comes to pick the children for the Traditional Sports Run-off, the decisions are easier!

The Year 3 events are as follows:

- **Girls' and Boys' 50m sprint**
- **Girls' and Boys' 30m sack race**
- **Girls' and Boys' 50m skipping race**
- **50m mixed relay**

The unit will focus on one event per week and for the final two weeks, the children will take part in a carousel of activities, bringing together their learning from the previous weeks.

Athletics Planning – Year 3

<u>WEEK</u>	<u>LEARNING OBJECTIVE/SUCCESS CRITERIA</u>	<u>WARM-UP</u>	<u>SKILLS TEACHING AND PRACTICE</u>	<u>APPLICATION AND EVALUATION</u>	<u>COOL DOWN</u>
1	<p><u>WALT:</u></p> <ul style="list-style-type: none"> • Adopt the correct sprinting technique • Apply the sprinting technique over different distances 	<p>1 lap around the field – at various points, blow whistle and shout out commands e.g. side steps, running with high knees etc.</p> <p>When back to the beginning, carry out stretches starting at the neck and working down.</p>	<p>Begin by asking the children what ‘sprinting’ actually means. When this has been established, explain that there are certain techniques to adopt when sprinting so that you go faster.</p> <p>Explain that they must keep looking forwards as turning heads will slow them down, their arms must be pumping (doesn’t matter whether their hands are closed or open), high knees and a long stride. As this is a lot to remember and work on all at once, split the children into small groups of 5 or 6 and over a distance of 30/40m, focus on each aspect, picking out good examples of children each time.</p>	<p>Once the children have practised each part of the technique, set up 4 different stations – at each station, set a distance for the sprint (maximum distance should be 50m).</p> <p>In groups, children now apply the technique just practised in a more competitive situation – at each station, the children are to sprint in pairs to make it more competitive. Move to each different station every 3/4mins.</p> <p>As a final task, bring children back together in their teams and sprint 50m as it would be during the sports day event.</p>	<p>Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.</p>
2	<p><u>WALT:</u></p> <ul style="list-style-type: none"> • Adopt the correct jumping technique • Apply the 	<p>1 lap around the field – at various points, blow whistle and shout out commands e.g. side steps, running with</p>	<p>Explain that one of the events at Sports Day is the Sack Race. It is actually harder than it looks!</p> <p>Begin by splitting the children into</p>	<p>Once the children have practised each part of the technique, set up 4 different stations – at each station, set a distance for the sack race</p>	<p>Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.</p>

	jumping technique over different distances	high knees etc. When back to the beginning, carry out stretches starting at the neck and working down.	teams of 5 or 6. Before using the sacks, explain the technique of jumping to the children (use a child to demonstrate or do it yourself!) Arms by their sides (when they are in the sack, they will be holding the handles), big knee bend, jump up and forwards, remembering to bend knees when they land. Keep feet together when jumping to avoid falling over. Once the children have had a go at this without the sack, try using the sacks, concentrating on the children having a firm grip to the sack so that it doesn't fall down. When they are jumping, keep feet together so they don't fall over! Practise over a short distance first, when they land make sure their balance is forward.	(maximum distance should be 30m). In groups, children now apply the technique just practised in a more competitive situation – at each station, the children are to sprint in pairs to make it more competitive. Move to each different station every 3/4mins. As a final task, bring children back together in their teams and simulate the 30m sack race as it would be during the sports day event.	
3	<p>WALT:</p> <ul style="list-style-type: none"> Use the skipping rope correctly Learn how to skip whilst travelling 	1 lap around the field – at various points, blow whistle and shout out commands e.g. side steps, running with high knees etc. When back to the beginning, carry out stretches starting at the neck and working down.	Explain that the skipping race is part of Sports Day and this is the one that we need most practise on! Get the children to practise in pairs (might be an idea to pair the children boy and girl as girls can skip!) skipping on the spot – to begin, jumping over it with feet together. Then, children to practise running skipping on the spot – aim is to try and do 5 in a row – get a child to demonstrate this first.	Once the children have practised on the spot, they now need to have a go at travelling whilst skipping – still using running skipping but moving forwards. Aim is to skip and not just run (as this tends to be the case!). Set a short distance first, in pairs and increase distance each time. Ensure that the children are skipping – at least 5 skips! Otherwise they may be	Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.

				<p>disqualified during Sports Day.</p> <p>Then put children into teams and increase distance to skip. Hold a competition to see which team wins.</p>	
4	<p><u>WALT:</u></p> <ul style="list-style-type: none"> Apply the sprinting technique in a team relay Pass the quoit accurately to our team member 	<p>1 lap around the field – at various points, blow whistle and shout out commands e.g. side steps, running with high knees etc.</p> <p>When back to the beginning, carry out stretches starting at the neck and working down.</p>	<p>Recap the sprinting technique used in the first lesson of the unit. Allow children to practise this in small groups – thinking about position of head, arms and legs.</p> <p>Explain that in Sports Day, there will be a mixed relay race made up of 2 girls and 2 boys. It will take place over 50m. One child will start and sprint 50m holding a quoit, and as they approach their team mate, hand the quoit over so the race can continue. This change over is crucial!</p> <p>Children to practise in pairs first of all – one child to start with quoit and sprint to partner (distance of 30/40m) – ensure that partner is in a position ready to run – one foot in front of other, focused on runner coming towards them. Focus on the changeover of quoit only – no running back at this time. Once practised a few times, then partner can run back after change over.</p>	<p>Put the children into mixed teams and practise the sprinting over 50m, focusing on passing the quoit correctly and applying the correct sprinting technique.</p>	<p>Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.</p>
5	<p><u>WALT:</u></p> <ul style="list-style-type: none"> Apply the 	<p>1 lap around the field – at various points, blow</p>	<p>Set up a carousel of activities for the children to practise on – 50m sprint, 30m sack race, 30m skipping race and 50m mixed relay.</p>		<p>Follow my Leader around the field – start with a jog and</p>

	athletic techniques learnt over the past few weeks	whistle and shout out commands e.g. side steps, running with high knees etc. When back to the beginning, carry out stretches starting at the neck and working down.	Try and simulate what it will be like on Sports Day so the children have an idea. Split children into teams and allow them time on each activity – ensure they are really thinking about the techniques learnt over the past few weeks.	eventually slowing down to a walk. Light stretches to finish.
6	<p>WALT:</p> <ul style="list-style-type: none"> Apply the athletic techniques learnt over the past few weeks 	1 lap around the field – at various points, blow whistle and shout out commands e.g. side steps, running with high knees etc. When back to the beginning, carry out stretches starting at the neck and working down.	<p>As last week:</p> <p>Set up a carousel of activities for the children to practise on – 50m sprint, 30m sack race, 30m skipping race and 50m mixed relay. Try and simulate what it will be like on Sports Day so the children have an idea.</p> <p>Split children into teams and allow them time on each activity – ensure they are really thinking about the techniques learnt over the past few weeks.</p>	Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.