

# **Summer 1 – Athletics planning**

**Year 4**

# Expectations of the unit - Athletics

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 4 events are as follows:

- **Girls' and Boys' 60m sprint**
- **Girls' and Boys' 400m marathon**
- **Girls' and Boys' 40m sack race**
- **60m 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 4

<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>
<b>1</b>	<p><b><u>WALT:</u></b></p> <ul style="list-style-type: none"> <li>Adopt the correct sprinting technique</li> <li>Apply the sprinting technique over different distances</li> </ul>	<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>Explain that the 60m sprint is an event that Year 4 children will take part in during Sports Day. Ask the children if they can remember anything about a successful sprinting technique from last year.</p> <p><b><u>Recap:</u></b> 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 60m).</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 60m 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>
<b>2</b>	<p><b><u>WALT:</u></b></p> <ul style="list-style-type: none"> <li>Adopt the correct jumping technique</li> <li>Apply the jumping technique over different distances</li> </ul>	<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</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 teams of 5 or 6. Before using the sacks, ask the children if they can remember any jumping techniques from last year – go on</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 (maximum distance should be 40m).</p> <p>In groups, children now apply</p>	<p>Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.</p>

		the neck and working down.	<p>to 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.</p> <p>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.</p>	<p>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 simulate the 40m sack race as it would be during the sports day event.</p>	
3	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Apply the sprinting technique in a team relay</li> <li>Pass the quoit accurately to our team member</li> </ul>	<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 60m. One child will start and sprint 60m 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>Put the children into mixed teams and practise the sprinting over 60m, 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>

			<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>		
4	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>• Adopt the correct technique when long distance running</li> <li>• Practise one event from previous week again</li> </ul>	<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>Today the children will be looking at the correct technique for long distance running as one of the events for Year 4 is the 400m marathon. Ask the children how the technique's for sprinting and long distance running will differ.</p> <p>Show the children the distance they will run (this should be marked out with cones – roughly one lap of the field) – talk about conserving energy, should start off slow and build up speed, taking the shortest route possible by following the line of the cones, keeping eyes forward and lengthening stride.</p> <p>Set the children a distance of 200m to run to begin with – may want to split children into 3 different groups for this. Focus should be on technique for longer distance running.</p>	<p>As some children may struggle with the longer distance running, split children into two groups – one group to focus on 400m running, the other to focus on an event from the previous weeks.</p> <p>Swap groups over half-way through. If children are struggling with 400m, shorten the distance – this will help you pick children for the marathon run for Sports Day.</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><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Apply the athletic techniques learnt over the past few weeks</li> </ul>	<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>Set up a carousel of activities for the children to practise on – 60m sprint, 40m sack race and 60m 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>	<p>Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.</p>
6	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Apply the athletic techniques learnt over the past few weeks</li> </ul>	<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><b>As last week:</b></p> <p>Set up a carousel of activities for the children to practise on – 60m sprint, 40m sack race and 60m 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>	<p>Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.</p>