

# **Summer 1 – Athletics planning**

**Year 5**

# **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 5 events are as follows:

- **Girls' and Boys' 70m sprint**
- **Girls' and Boys' 600m marathon**
- **Girls' and Boys' shuttle run (70m)**
- **70m mixed relay**

The unit will focus on these activities to begin with, progressing to some field event practices in the latter part of the unit.

# Athletics Planning – Year 5

<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><b><u>WALT:</u></b></p> <ul style="list-style-type: none"> <li>• Practice the correct technique used in the shuttle run</li> <li>• Recap skills used for sprinting</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 children will be expected to take part in a new event for Sports Day – the shuttle run. This is where there are bean bags evenly spaced out in a vertical line and the children must run to each bean bag, pick it up and run back to the start line where they place their bean bag in a hoop. Once all bean bags have been collected they must sprint to the finish line.</p> <p>Discuss that the best way to tackle this event is by running to the furthest bean bag first and working their way back. They must focus on accuracy when picking up the bean bag and placing it in the hoop – bean bag <b><u>must</u></b> land in the hoop.</p> <p>Set up one station and get a child to demonstrate this as you talk through it.</p>	<p>Split class into 2 groups. Then split into even teams consisting of 4 children.</p> <p>One group to practise the shuttle run (<b>teacher focus to begin with</b>) – focus on sprinting technique towards each bean bag and final sprint towards finish line.</p> <p>The other group are to practise the 70m mixed relay – try and have 2 girls and 2 boys in each team. One child starts with the quoit and sprints 70m towards partner – passes quoit accurately and then sprints back.</p> <p>When both groups have practised their first event, swap groups over.</p> <p>Recap skills learnt in today's lesson.</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><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Apply the athletic skills needed to complete the Sports Day events</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. 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 – 70m sprint, 600m marathon (please amend this distance for children who struggle with long distances), 70m shuttle run and 70m mixed relay.</p> <p>Briefly recap long distance running – how is it different to sprinting? What good techniques have children got to share? Starting slowly and building speed up, taking the inside line as this is the quicker route.</p> <p>Explain that you are looking for good technique as you will be thinking about what children will be picked 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>	
3	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Apply the athletic skills needed to complete the Sports Day events</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. 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 – 70m sprint, 600m marathon (please amend this distance for children who struggle with long distances), 70m shuttle run and 70m mixed relay.</p> <p>Briefly recap long distance running – how is it different to sprinting? What good techniques have children got to share? Starting slowly and building speed up, taking the inside line as this is the quicker route.</p> <p>Explain that you are looking for good technique as you will be thinking about what children will be picked 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>	
4	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Adopt the correct throwing techniques for different throwing events</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. When back to the beginning, carry out stretches starting at the neck and working down.</p>	<p>For the District Sports Field Events, the children will be expected to take part in two throwing events. This week, the children are going to practise the throwing techniques used for the javelin throw and rounders ball throw.</p> <p><b>(When using the foam javelins, ensure that they are not broken in any way, as this will impede</b></p>	<p>Set up two stations – one for javelin throw and the other for rounders ball throw.</p> <p>Children to practise the events applying the techniques used at the start of the lesson. To make it more competitive, use coloured cones to mark on the furthest distance and what the children should aim for.</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><b>the children when throwing).</b></p> <p>Show the stance the children need to take when throwing the javelin – sideways on, one foot in front of the other. Javelin should be held in dominant throwing hand, elbow dropped and javelin pointing up. Other hand should be pointing to sky. As children begin to throw, weight should be transferred from back leg to front leg, javelin hand should straighten to release javelin and other arm should move in opposite direction. Allow children time to practise this by splitting into small groups – their aim is to bat their own distance on each go they get.</p> <p>Once practised, move on to rounders ball throw. Stance is the same, but this time, they are focusing on keeping their elbow high when throwing the ball over arm – when the ball is released, should follow a straight line in the air. In same groups as previous, practise this with the intent to improve on their distance each time.</p>	<p>To extend learning, allow a ‘run up’ on each event too – ensuring that they release the javelin or rounders ball before the line specified.</p>	
5	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Adopt the correct jumping techniques for different jumping techniques</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>For the District Sports Field Events, the children will be expected to take part in two jumping events. This week, the children are going to practise the jumping techniques used for the speed bounce and standing long</p>	<p>Split the class into two groups – one to apply speed bounce technique and the other to apply standing long jump technique. <b>Class teacher to alternate between groups focusing on correct</b></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>When back to the beginning, carry out stretches starting at the neck and working down.</p>	<p>jump.</p> <p>Show children speed bounce equipment (<b>this is kept in the area by the staff room – there should be 2 speed bounce mats</b>). The children should be familiar with the speed bounce because they would have taken part in the Personal Best last year and this was one of the events. Recap technique – feet together, high knees when jumping, eyes forward and head up as looking down will mean they lose balance. Allow children to have a quick practise on this – split into two teams and time them for 15/20 secs. Children need to count their jumps as in the District Sports, their jump record will be recorded.</p> <p>Then work on standing long jump technique – begin with feet together, bend knees and swing arms back as they jump from ground, swing arms forwards when jumping to propel forwards, land with bent knees and feet together. Distance jumped is measured from where the children’s heels land. Allow children to have a practise – again, they would have done this event in the Personal Best event last year.</p>	<p><b>technique.</b></p> <p>(If any children are not taking part in the lesson, allow them to take measurements for standing long jump and speed bounce. Keep a record as this will help when selecting children for the District Sports Field events).</p>	
6	<p><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Apply the</li> </ul>	<p>1 lap around the field – at various points, blow</p>	<p>Set up a carousel of activities – javelin throw, speed bounce, rounders ball throw and standing long jump. Split children into four</p>		<p>Follow my Leader around the field – start with a jog and</p>

	<p>throwing and jumping events learnt over the past few weeks</p>	<p>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>groups and allow them to practise each event, applying the correct technique learnt.</p> <p><b>Note down children who are excelling with each event as this will help with selecting children for the District Sports Field events.</b></p>	<p>eventually slowing down to a walk. Light stretches to finish.</p>
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