

Summer 1 – Athletics planning

Year 6

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 6 events are as follows:

- **Girls' and Boys' 80m sprint**
- **Girls' and Boys' 600m marathon**
- **Girls' and Boys' obstacle race (80m)**
- **80m 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 6

<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>WALT:</p> <ul style="list-style-type: none"> • Practice the correct technique used in the obstacle race • Recap skills used for sprinting 	<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 obstacle race. This is where there is a 20m sack race, 30m shuttle run (picking up bean bags and placing into hoop) and 30m hurdle race to the finish.</p> <p>Discuss the jumping technique for sack race – feet together when jumping, high knees when jumping, bending knees when landing and holding onto sack tightly.</p> <p>Shuttle run – sprint to last bean bag first, work way back, accuracy when picking up bean bag and sprinting to hoop to place it in.</p> <p>Hurdle race – sprinting towards hurdle, pumping arms and high knees, head forwards, don't slow down when getting to hurdle but dominant leg should lead over first.</p>	<p>Split class into 2 groups. Then split into even teams consisting of 4 children.</p> <p>One group to practise the obstacle race (teacher focus to begin with) – focus on technique over hurdles as this will be new to the children.</p> <p>The other group are to practise the 80m mixed relay – try and have 2 girls and 2 boys in each team. One child starts with the quoit and sprints 80m 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>

			Split children into 3 groups and set up a station for each part of the obstacle race for the children to practise – rotate each group so they can practise the 3 sections of the race applying the correct technique for each.		
2	<p>WALT:</p> <ul style="list-style-type: none"> Apply the athletic skills needed to complete the Sports Day events 	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>Set up a carousel of activities for the children to practise on – 80m sprint, 600m marathon (please amend this distance for children who struggle with long distances), 80m obstacle race and 80m 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>		Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.
3	<p>WALT:</p> <ul style="list-style-type: none"> Apply the athletic skills needed to complete the Sports Day events 	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>Set up a carousel of activities for the children to practise on – 80m sprint, 600m marathon (please amend this distance for children who struggle with long distances), 80m obstacle race and 80m 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>		Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.
4	<p>WALT:</p> <ul style="list-style-type: none"> Adopt the correct throwing techniques for 	1 lap around the field – at various points, blow whistle and shout out commands e.g. side steps, running with	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 recap the	Set up two stations – one for javelin throw and the other for rounders ball throw. Children to practise the events	Follow my Leader around the field – start with a jog and eventually slowing down to a walk. Light stretches to finish.

	<p>different throwing events</p>	<p>high knees etc.</p> <p>When back to the beginning, carry out stretches starting at the neck and working down.</p>	<p>throwing techniques used for the javelin throw and rounders ball throw.</p> <p>(When using the foam javelins, ensure that they are not broken in any way, as this will impede the children when throwing).</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>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>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>	
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5	<p>WALT:</p> <ul style="list-style-type: none"> Adopt the correct jumping techniques for different jumping techniques 	<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>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 jump.</p> <p>Show children speed bounce equipment (this is kept in the area by the staff room – there should be 2 speed bounce mats). 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.</p>	<p>Split the class into two groups – one to apply speed bounce technique and the other to apply standing long jump technique. Class teacher to alternate between groups focusing on correct technique.</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>	<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>WALT:</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 – 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>Note down children who are excelling with each event as this will help with selecting children for the District Sports Field events.</p>	<p>eventually slowing down to a walk. Light stretches to finish.</p>
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