

LESSON PLAN: ATHLETICS: YEAR ONE: WEEK 1

LESSON OBJECTIVE: To be able to demonstrate the correct running posture. To use a correct running posture to travel short distances.

WARM UP (10/15 MINS) Shark and Fish:

- Organise the children into pairs. One child is the shark, the other is the fish. The fish trails behind the shark imitating its every movement. Pupils swap roles on a regular basis.
- Teachers can command things such as swim backwards, move slowly, rest on the floor etc.

TASK ONE (15/20 MINS) Run Tall:

- Pupils spread out and jog around the space.
- On the command "run high" pupils assume a tall body position as they run;
 - On balls of the feet
 - Picking feet up high
 - Head held high
- On command "run low" pupils run in crouched position.
 - Flat feet
 - Head low
- Use other instructions like "run wide, run narrow, run bent etc.
- Ask the pupils to create other ways that they can move.
- Get them to work in pairs taking turns to follow and copy their partners movements based around the above actions.

TASK TWO (15/20 MINS) Shark Tag:

- Place one mat towards each corner of the playing area (to represent islands) and two together in the centre of the space (to represent a ship).
- Nominate four pupils as shark who can move anywhere between the mats.
- Other pupils stand on the 'ship'.
- On the command "abandon ship" the pupils on the ship run to one of the islands without being 'caught' (tagged) by a shark. Pupils can only run to an island on the other end of the area.
- Anyone caught becomes a shark and everyone else "swims" back to the ship to start the game again.
- Continue until everyone has been caught.
- Repeat using different sharks.

Development: Change the type of movement. Skipping, sidestepping, and hopping.
Can they move like a shark?

EVALUATION (5/10 MINS)

- In pairs the children discuss the differences between running tall and running low. What do they find more comfortable? What is the benefit to running tall? Why do we run on the balls of our feet?

EQUIPMENT

- Large mats
- Cones

KEYWORDS/PHRASES

- "Run high"
- "Run low"
- Clear/loud voice
- Balls of feet
- Head up
- Flat feet
- Feet up high

DIFFERENTIATION/HOMEWORK

MORE ABLE

Children to run to more than one ship before getting caught

Children to use a more challenging type of movement

LESS ABLE

Simplify the method of travel e.g. walking

Place smaller ships around space where they can also stay safe

INCLUSION: Allow them to choose easier pathways to get to each mat. Support from TA for the less able.

For access to all lesson plans please contact
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Lesson activities can also be found on our
YouTube channel

