

# LESSON PLAN: **ATHLETICS**: YEAR 2: WEEK ONE

**LESSON OBJECTIVES:** To control movement in response to specific instructions. To walk and run with good posture and balance.

## WARM UP: (10 MIN) Windmills:

- Pupils walk around the area moving in and around different spaces. While they move the teachers asks them to;
- Rotate their heads, then shoulders.
- Stretch tall and thin? Then curl small into a ball?
- Swing their arms like windmills as they move.
- Swing their arms in opposite directions while they keep moving.

## TASK ONE: (20 MIN) Can you be?

- Look at different images and discuss the ways different animals move.
- Identify useful descriptive words: slither, crawl, gallop spring.
- Pupils move using these actions.
- Once the movements have been identified, pupils change the way they move when you ask the question: "can you be a...?"
- Variations: monkey, elephant, crab, fast as a cheetah, graceful as a giraffe, a cat stretching, penguin, ostrich, frog, dog chasing his tail, snake, quiet as a mouse, kangaroo.
- Pupils could then go in pairs. Pupil chooses an animal to act out and their partner guesses.

## TASK TWO (20 MIN) Beanbag balance:

- Pupils place a beanbag on their head and travel around the room balancing the beanbag.
- Encourage pupils to keep their chins up and look straight ahead – be aware of other pupils
- Ask pupils to move at different speeds and change direction.
- Can they slalom (weave) between cones?
- Can they balance the beanbag on different parts of their body while they move?

## Beanbag relay:

- Place one beanbag per pupil along a straight line.
- Organise pupils into teams of 4 or 5 and line them up opposite the beanbags.
- Each member of the team runs as quickly as possible to pick up a beanbag and bring it back to the team; then the next runner can go.
- Relay ends when all members of the team have brought back one beanbag.

Develop: have more beanbags than pupils, continue until they are collected. Challenge to collect the most beanbags. Pupils run in pairs. The next 2 runners go when the previous pair in back set a class challenge: all beanbags back in the shortest possible time.

## EVALUATION. (5 -10 MIN).

- Why do we keep our back and head straight when we run?

## EQUIPMENT

- Cones
- Bean bags
- Animal pictures

## KEYWORDS/PHRASES

- Fast arms
- Fast legs
- Keep on your toes
- Head straight
- Back straight

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Balance two beanbags on head

### LESS ABLE

Use objects that are easier or harder to carry

Allow pupils to carry the object in their hands

**INCLUSION:** Choose simple actions. Support from the TA for the less able.



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