

LESSON PLAN: ATHLETICS: YEAR 3: WEEK 1

LESSON OBJECTIVES: To sprint rapidly over short distances while being aware of others. To change direction quickly.

WARM UP (5 -10min) Windmills

- Ask pupils to jog slowly around the activity area. When you shout 'windmills' all pupils continue to run but swing their arms forwards in circles at the same time.
- When you shout 'reverse windmills' they swing their arms backwards at the same time.
- When you shout 'right windmill' or 'left windmill' they swing the relevant arms.

TASK ONE (15- 20 MINS) Shark Tag:

- Place one mat in each corner of the room (to represent ships) and 1 mat in the middle to represent an island.
- Nominate 4 pupils as sharks who can move anywhere between the mats and start on the island in the middle.
- On the command 'abandon ship' the pupils have to run to one of the other ships without being 'caught' (tagged) by a shark.
- Anyone caught becomes a shark and everyone else runs back to a ship to start the game again.
- Continue until everyone has been caught and then repeat the game using different sharks.

Develop: Mats can be placed anywhere around the space and on command 'change' all pupils need to change mats. Change the mode of travelling. Mark areas with chalk/cones instead of mats.

TASK TWO (15 – 20 MINS) Shuttle runs:

- In pairs, pupils place two cones 10 strides apart.
- Pupils count how many shuttles their partner can run between the cones in 10 seconds and then Change over. Repeat for 15 and 20 seconds.
- Can you now touch the cone as you reach it with one hand?
- Can you stop during each lap to perform an exercise (e.g. a press up or 3-star jumps)?
- Start by laying on your stomach with hands to your side.
- Start in a typical 100 metres start position, what does this look like?

EVALUATION (5MINS)

- Traffic lights. Green cone = jogging, Yellow cone = walking and Red cone = stop. When in stop ask the pupils: did anyone see their partner move their body really well when they were running and why?

EQUIPMENT

- Cones
- Mats
- Stopwatch

KEYWORDS/PHRASES

- Head up
- Fast arms
- On your toes
- Use your arms
- Awareness

DIFFERENTIATION/HOMEWORK

MORE ABLE

Longer distances between cones during the shuttle run

Complete more complex actions between each lap

LESS ABLE

Shorter distances between cones during the shuttle run

Walk or slow job while moving their arms

INCLUSION: Same as less able. Support from the TA.

For access to all lesson plans please contact
Wilson Frimpong
(wilson@lpessn.org.uk)

Lesson activities can also be found on our
YouTube channel

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