

LESSON PLAN: ATHLETICS: YEAR 4: WEEK 1

LESSON OBJECTIVES: To run over short distances and change direction quickly. Maintain a good running technique when sprinting over obstacles.

WARM UP (5-10MINS) Touch tag:

- Pupils jog and skip around in space until the teacher calls out an object or material (e.g. a bench, some metal, the wall, something red, someone else's shoe, white line).
- Each pupil has to touch the object identified as quickly as possible.
- Ask pupils to use different movement styles when touching the objects (skipping, side stepping etc).
- Ask them to use different body parts to touch the objects (head, knees, feet etc).

TASK ONE (15-20MINS) Tick Tag Relay

- In teams of 4 to 5 people.
- Each team sits on a mat/area inside a marked area equally spaced around course.
- Course can be circular, square or another appropriate shape.
- On command 'GO', first runner from each team tries to catch the runner in front while running back to their original team position and hand a relay baton to the next person.
- If no runner is caught by the time the runner returns to the team, the next member of team continues the chase.
- Relay continues until one runner catches and touches another on the back or shoulder. One point is then scored for the team.
- Relay then restarts.
- Get them to compete against other teams.

Develop: Introduce a baton, add obstacles to avoid, change direction every time someone is caught.

TASK TWO (15-20 MINS) Hurdles relay:

- Organise into teams of four. Place several cones down a straight-line course.
- Pupils take it in turns to run down the course, sprinting over the obstacles; walk back by going down the side of the course. Children in middle lanes should pause and check before crossing to either side.
- Watch for other athletes finishing before moving to the outside of the running area.
- Pupils can adjust the distance between the obstacles to suit their own team, keeping them all between the start and finish line (note differentiation).
- Teams compete in relay races over the course.

EVALUATION (5-10MINS):

- With a partner, discuss how you managed to clear the hurdles quickly and continue to move.

EQUIPMENT

- Cones
- Hurdles or cones
- Relay baton
- Mats or marked area
- Benches

KEYWORDS/PHRASES

- Head up
- Fast arms
- Balance
- Bend your knees
- Step over hurdles

DIFFERENTIATION/HOMEWORK

MORE ABLE

Jump over obstacles

Move faster between hurdles

LESS ABLE

Sprint (without jumping) over a low obstacle

Move slower between hurdles

INCLUSION: Same as Less able. Use the TA for support and to work with.



THE PE AND SCHOOL
SPORTS NETWORK

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