

Learning Intention: To co-operate in a team

EQUIPMENT:

Cones, hoops,
bean bags,
throw-down strips,
mini hurdles,
javelin/vortex

Yr 1

I can sometimes work as part of a team

I can co-operate and work as part of a team

I always co-operate and work as part of a team. I always encourage my teammates

Yr 2

I can sometimes co-operate when part of a team

I can co-operate in a team, compete against others and can encourage my teammates

I always co-operate and work as part of a team. I always encourage my teammates.

I can take on a leadership role to improve my team's performance, e.g. as mini coach

Warm up: Huggy Bears

Children to move around in a given area (run, hop, skip). Teacher to call:

- Huggy Bears number two: Children have to get into pairs.
- Huggy Bears number three: Children to get into groups of three.
- Huggy Bears number four: Children to get into groups of four etc.

Q & A: What was important when you played Huggy Bears?

Children in teams of 4/5: teacher can give the children team names, e.g. countries, athletes' names, etc.
Children to think about what is important when working as part of a team.

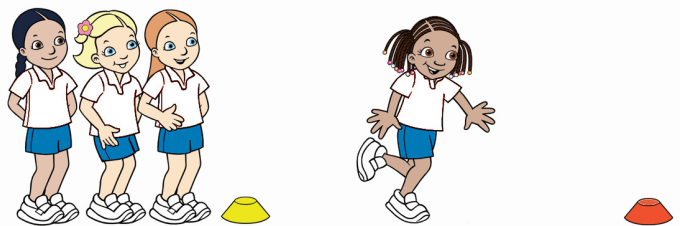
This is a fun way to introduce athletics and for teachers to assess ability levels.

Station 1: FAST

How many sprints can the team do in 3 minutes?

1. Place the cones 7-10m apart.
2. One child to run at a time.
3. Children must 'high-five' the next person to go.
4. 1 shuttle = 1 point

Extension for Yr 2: you could time 50m sprints, children to try and beat their own score.

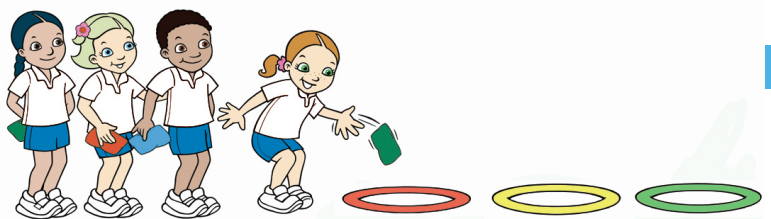


Station 2: Target throw

1. Children to take it in turns at throwing their bean bag into a hoop.

2. If scoring: red = 1 point; amber = 2 points; green = 3 points.

Extension for Yr 2: hoops to be placed further apart in distance.



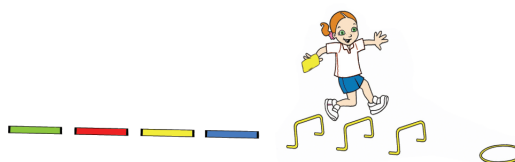
Station 3: Standing long jump

1. Spot and cones to be placed 0.5m apart.
2. Team to line up behind the spot.
3. Each member of the team is to take it in turns to jump as far as they can.
4. If scoring: red = 1 point; amber = 2 points; green = 3 points.



Extension: use a standing long jump mat to measure and record distance on.

Station 4: Obstacle relay



1. Children to balance bean bag on their head while walking on throw-down lines.
2. Run over 2 hurdles (with bean bag in hand).
3. Step through a hoop.
4. Sprint back down the right side of the obstacles.
5. Pass the bean bag on to the next person.
6. How many can they do as a team?

Station 5: Superhero arm

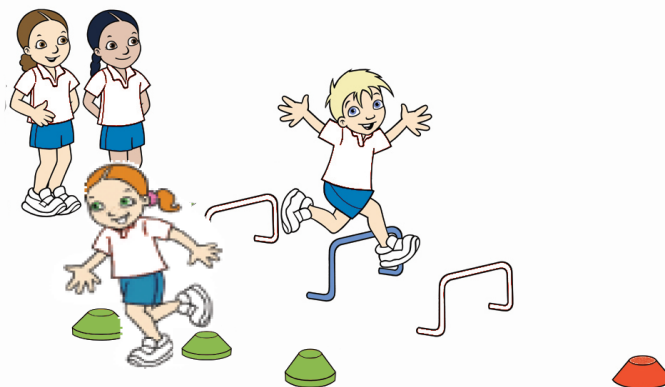


1. Each child takes a turn throwing the object as far as they can.
2. If scoring: red = 1 point; amber = 2 points; green = 3 points.

Station 6: Hurdle and agility run

How many hurdle shuttles can the team do in 3 minutes?

1. Place the hurdles.
2. One child at a time to run over the hurdle



3. On their way back to the team children to weave in and out of the cones (not back over the hurdles).
4. Children can go once their teammate is on their way back.
5. 1 shuttle = 1 point

Cool Down: Children to walk around slowly around in a given area; teacher to play Tired Bears (like Huggy bears). When teacher calls out number this time children to sit down

Plenary: What is important when working in a team? What event did you enjoy the most? Explain to the children that they will be learning about running, throwing and jumping in their athletics lessons over the next few weeks.