

ATHLETICS LESSON 2

EARLY YEARS

Learning Intention : How can you run?

Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

Resources:

Cones, hoops
bean bags

WARM UP: Mr Men

 Negotiate Space

- Mr Happy – skip around
- Mr Grumpy – stomp around with a grumpy face
- Mr Slow – move around slowly
- Mr Wobbly – wobble around like jellies
- Mr Jump – jump around with two feet
- Mr Hop – hop around
- Mr Fast – run around as fast as you can (safety: look out for your other Mr Men friends)

ACTIVITY 1: Grand Old Duke of York

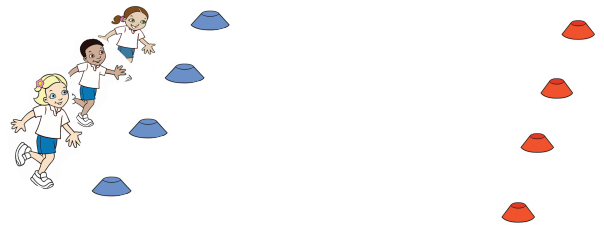
 Move energetically- Running

1. Sing 'The Grand Old Duke of York'.
2. This time the children are going to imagine that the cones furthest away are the hill.
3. Repeat the song: this time children 'march' up to the top of the hill (the cones) and back again.
4. Repeat again, this time they imagine they have drums in front of them and bang the drums (body trunk to be upright).

TP: They are to use opposite arms and opposite legs.

5. Children to repeat again, this time getting a bit faster.

Q & A – What is important with our arms and legs? We use opposite arms and opposite legs.



ACTIVITY 2 : Attention Class (individually)

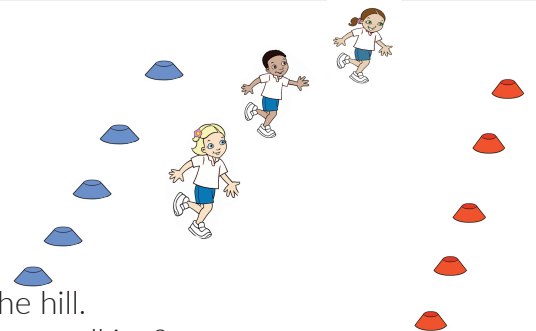
1. Children to listen to the commands and follow them:
 - **Attention** – children stand up tall and salute.
 - **Quick march** – they walk fast up to the top of the hill (the cones) and back again.
 - **Move it** – they run to the top of the hill.
 - **Play the drums** – they imagine they are playing the drums to the top of the hill.
 - **Salute** – salute with both hands and walk fast to the top of the hill.

Q & A – How does it feel when you do not have your hands when walking?

Note: if children are in pairs they can high-five the next person to go.

Children to think about what can make them run faster – e.g. **looking forward** and **moving their arms fast!**

 Move energetically- Running



- Negotiate Space
- Demonstrate co-ordination
- Move energetically- Running

ACTIVITY 3: Goodies and Baddies

Equipment: Coloured hoops and coloured bean bags.

1. Scatter the hoops around the area.
2. Split the class in half – goodies or baddies.
3. Goodies have a 30-second head start to place bean bags in their matching coloured hoop.
4. Teacher blows the whistle: baddies try and “steal” the bean bags from their correct hoops and place them in the wrong-coloured hoops.
5. The “goodies” have to keep going to try and remedy the problem.
6. Children swap over roles.
7. Repeat a few times – children to think about how they can run/walk quickly to each hoop.

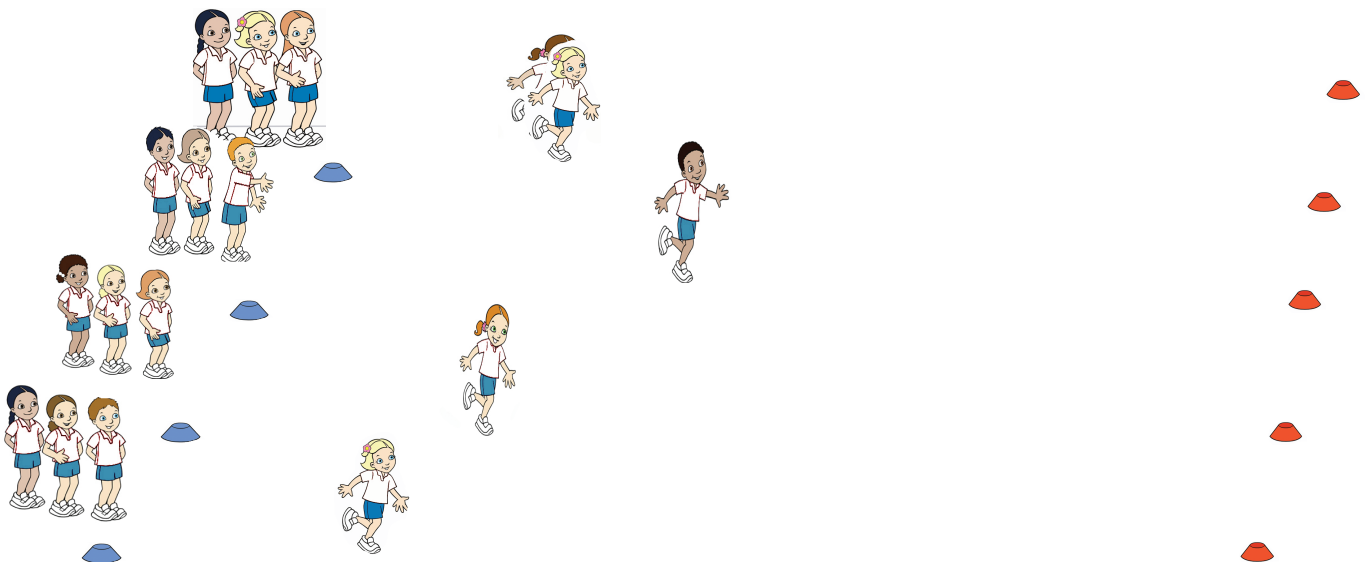


Safety: children to bend their knees when picking up the bean bags.

ACTIVITY 4: Run up the Hill

- Move energetically- Running

If time and children have the energy! To finish the children can have a running race – up the hill (to the cones) or on the school track.



COOL DOWN

Play Mr Men game and finish off with Mr slow or Mr Sleepy.

PLENARY

What is important when running or walking? What did you enjoy the most?