

ATHLETICS LESSON 6

EARLY YEARS

Learning Intention : *How can you race in different ways?*

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, tennis racket,
throw down spots/strips,
balls.

WARM UP: Mr Men

 Negotiate Space

Children to move around as the different "Mr Men" when the teacher calls the following;

- Mr Happy – skip around
- Mr Grumpy – stomp around with a grumpy face
- Mr Friendly – skip around waving at their friends
- 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)

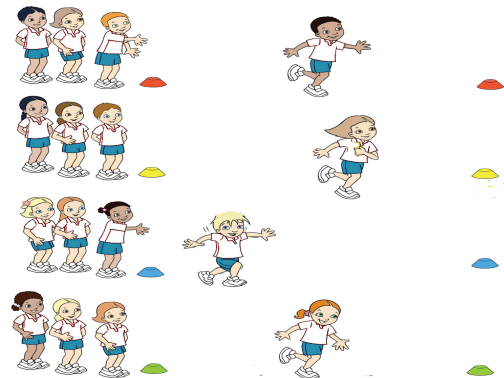
Teacher to use lanes on the track – this is good practice for sports day.

To start the race teacher calls "On your marks, Get set, Go!"

Race 1: Flat running race

 Move energetically- Running

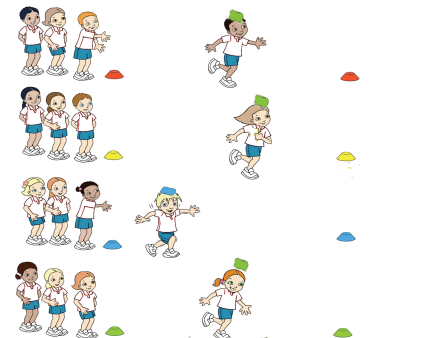
Children to start at one end of the track and run to the opposite end (approx. 50m) to the finish line.



Race 2: Bean bag balance race

 Demonstrate balance

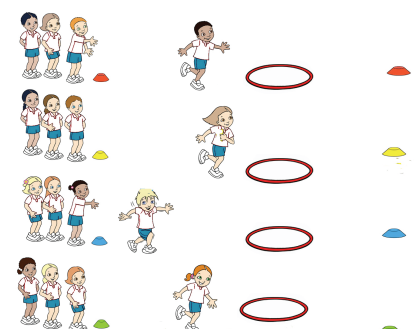
Children to start the race balancing a bean bag on their head. If they drop the bean bag they are to pick it up and continue until they get to the finish line.



Race 3: Through the hoop

 Move energetically- Running

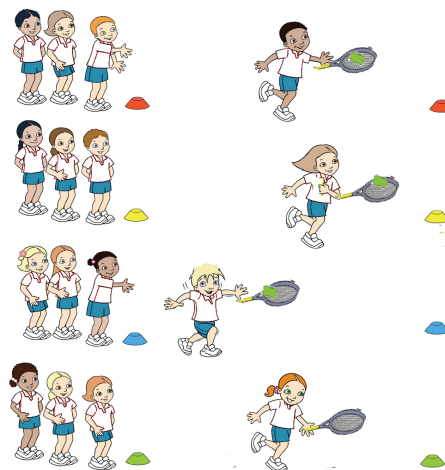
Children to run until they get to a hoop
– when they do they are to step through the hoop and lift it over their head, continue to the next hoop and repeat the same again.
Continue until they get to the finish line.



Race 4: Egg and spoon

- ✓ Move energetically- Running
- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance

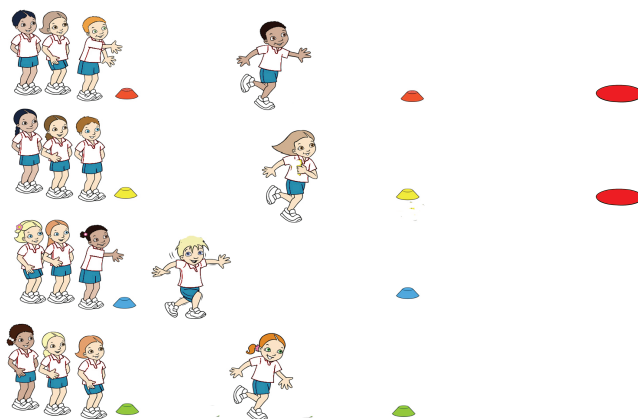
Children to have either an egg and spoon or a tennis racket with a bean bag on.
 Children to start the race balancing a bean bag on the racket or egg on the spoon.
 If they drop the bean bag/egg they are to pick it up and continue until they get to the finish line.



Race 5: Hop, skip and jump

Place 3 cones out along the track (roughly 10–15m apart).
 Children are to hop to the first cone, skip to the next one, then jump to the finish line.

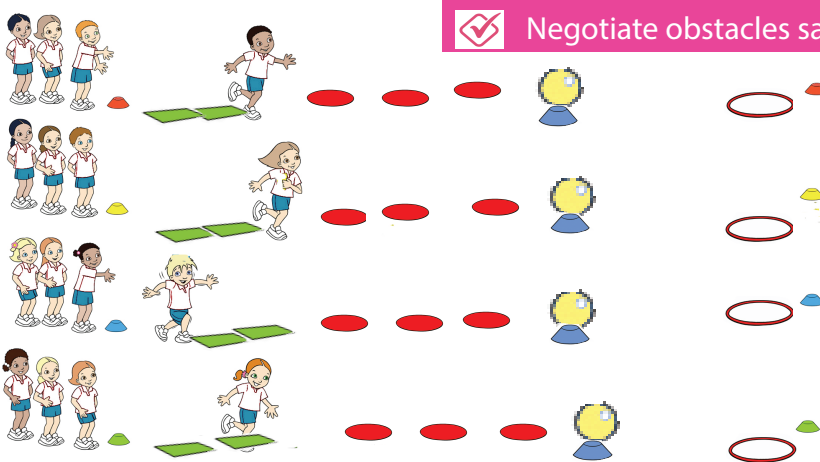
- ✓ Move energetically- Skipping
- ✓ Move energetically- Hopping
- ✓ Move energetically- Jumping



Race 6: Obstacle race

Place out a variety of obstacles as shown in the picture. Children to run to the first obstacle

- balance along the lines
- run to the next obstacle
- step on the stepping stones
- dribble/push the ball with feet/ or hands and place it into the hoop
- then run to the finish back their team.
- Next set of runners to now collect the ball from the hoop and take it back to the cone, then run back to their team.



- ✓ Move energetically- Running
- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance
- ✓ Negotiate obstacles safely

COOL DOWN

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

PLENARY

What race did you enjoy the most?