

INDOOR ATHLETICS LESSON 1

Year 1

Learning Intention: To perform various throwing , jumping and skipping activities

Year 1

I can throw the ball with a chest push while sitting down crossed legged

I can Jump from two feet to two feet

I can leap for 3 steps

EQUIPMENT:

Standing Long Jump mat or tape
Cones
Throw down strip and tape, hoops
Stop watches
Banana Splat poster A3
Hoops

This may take 2 lessons if you do not get around all the stations.

WARM UP: 5 MINUTE Bean Game

Children find a space and respond to the following commands (Teacher to keep changing the commands):

- Runner bean- Sprint on the spot
- Broad bean - Star shape
- Chilli Bean - Jump on the spot
- Baked bean- Curl up into a ball
- String Bean - Walk around stretching up tall
- Jelly Bean- Wobble like a jelly

SET UP : See page 2

Organisation

- Set up the six activity stations as shown on page 2 - demonstrate each activity to the children.
- Split the children into equal groups, one group starting at each station.
- Children to attempt the activity at their stations (3-4 minutes per station)

Note, if recording results:

Teacher can stay on SPEED BOUNCE station to score.

ACTIVITY: CIRCUIT

Please note you can change the order of the stations to suit your hall.

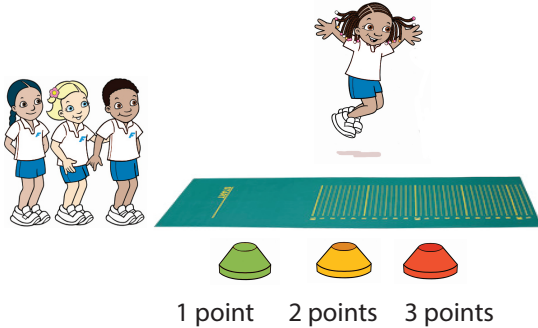
STATION 1- Standing long

Jump (use long jump mat if you have one)

Start behind the line

Jump two feet to two feet.

How many points can you get?



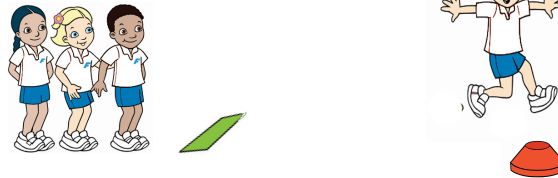
STATION 2 - 3 Big Leaps

Start behind the line-

Take 3 big leaps- how far can you get?

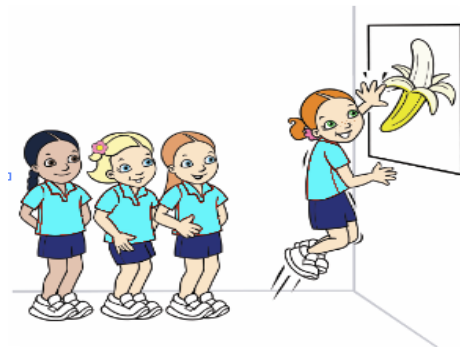
Can you beat your best score?

Yr 2 - Can you put a cone down on the floor to mark your landing?



STATION 6- Banana Splat

1. Place the banana picture on the wall
2. Children stand side-on to the wall
3. They jump up and 'splat' (touch) the banana
4. Each banana splat = 1 pt.
5. If the children hit above the banana they get 2 points

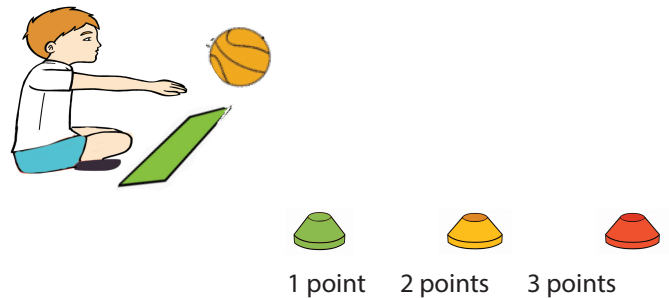


STATION 3- Sitting Chest Push

Sitting cross legged

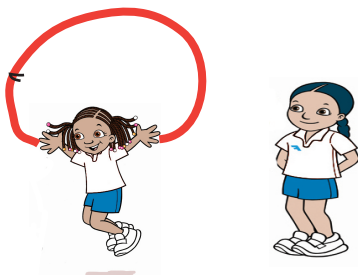
Chest push a football/small Basketball

Make it easier: Use a smaller ball



STATION 5--Skipper (hoop)

How many skips can they do in 20 seconds?



Make it easier: If the children can not skip using the hoop they can step through it

STATION 4 - Speed Bounce 20 seconds



Make it easier: Use a throw-down strip

How many jumps can they do in 20 seconds?

TP: Encourage children to land on 2 feet

COOL DOWN

Play the Bean game - finish off with slow motion

PLENARY

Which station did you enjoy the most? Did you find any difficult?