

# ATHLETICS LESSON 1

Learning Intention : *How can you work in a team?*

## 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

# EARLY YEARS

## Resources:

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

## WARM UP::

### Negotiate Space

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?

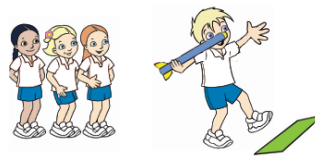
Children in teams of 4/5: teacher can give the children team names, e.g. countries, athletes' names, etc.  
Children to think about what is important when working as part of a team.

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

## Station 1: Superhero arm

### Demonstrate strength Demonstrate balance Demonstrate co-ordination.

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 2: FAST

### Move energetically- Running

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



### Station 3: Standing long jump

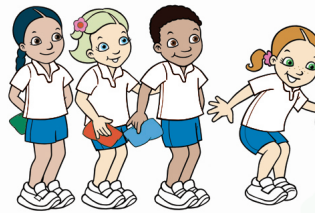
1. Spot and cones to be placed 0.5m apart.
2. Team to line up behind the spot.
3. Each member of the team is to take it in turns to jump as far as they can.
4. If scoring: red = 1 point; amber = 2 points; green = 3 points.



- Demonstrate strength
- Demonstrate balance
- Demonstrate co-ordination
- Move energetically- Jumping

### Station 4: 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.



- Demonstrate co-ordination

### Station 5: 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 obstacle:
5. Pass the bean bag on to the next person.
6. How many can they do as a team?



- Move energetically- Running
- Demonstrate strength
- Demonstrate balance
- Demonstrate co-ordination
- Negotiate Obstacles

### Station 6: Egg and Spoon

Place the 2 cones 5m apart. Team to line up behind the cone.

1. Children to line up behind each other
2. Children to balance the egg and spoon/ bean bag on the racket.
3. How many shuttles can they do?
4. Number of shuttles = number of points.



- Demonstrate balance
- Demonstrate co-ordination

### 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.