

INDOOR ATHLETICS LESSON 3

Year 1

EQUIPMENT:

Throw down strips
Throw down spots
hoops/skipping rope
Stop watches
basketball/football
Cones

Learning Intention: How can you work with your friends to move faster and throw further at each station?

Year 1

I can leap over the hot pebbles

I can chest push to my partner and move further away in distance

I can perform the speed bounce quickly and keep my head up

WARM UP: 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
- Hot beans- Leap over spots (NEW)
- FRENCH bean (NEW) - children say "Oooh la la!!"

SET UP :

Organisation

- Set up the six activity stations (same as last lesson)
- 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) .

Linking learning: What is the hot pebbles the same as in last weeks lesson? The 3 leaps. This is the same you are leaping over the pebbles (equipment)

Please note you do not have to do the stations in this order - you may need to adapt to suit your hall

STATION 1-Sprint Station

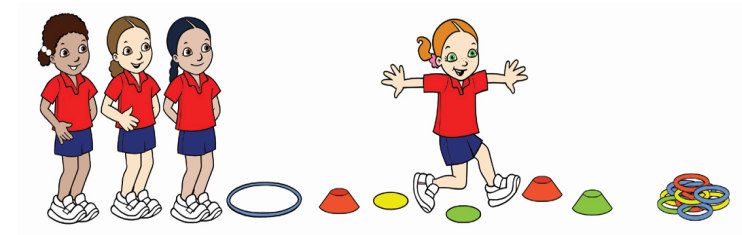


Children to sprint to pick up a beanbag and take it back to their team. 1 beanbag = 1 point

TP- Use arms to help you go faster

Teacher can make it a competition between groups

STATION 2 - Hot Pebbles



1. Team lines up behind the hoop
2. Each member of the team takes it in turn to leap over the hot pebbles, collect a quoit and return it to the hoop
3. 'High-five' the next person to go
4. Number of quoits = number of points.

TP: Big Leaps over the equipment

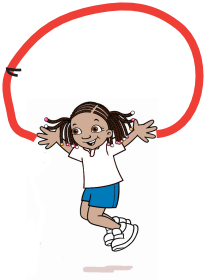
STATION 3- Chest Push in pairs



Sitting down and chest push the ball to a partner
Challenge - Increase the distance
Make it easier: To use a smaller ball/decrease distance

TP- Push through arms all the way to finger tips

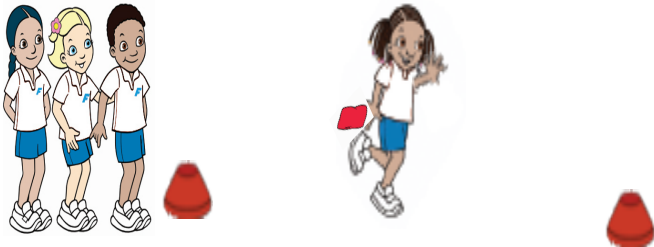
STATION 4--Skipper (hoop/rope)



Make it easier: Step through the hoop or over the skipping rope

Each to have a skipping, how many can you do in a row?

STATION 5 -Individual sprint

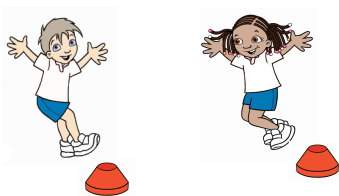


Take it in turns to run around the cones and back. They can pass the bean bag to the next person

TP- Use arms to help you run faster

- Hand out ready to receive the beanbag.

STATION 6-Speed Bounce fun



TP- Look up at your partners face and keep body upright to ensure good balance

In pairs perform 10 speed bounces together trying to keep in time with each other - like a mirror.

Repeat this- How many x 10 bounces did you do?

Challenge - Can you go faster?

Make it easier: Use a throw down strip

COOL DOWN

Slow jog around a given area.

PLENARY

How did you run faster? How did you jump further/faster?