

# INDOOR ATHLETICS LESSON 3

Year 2

## 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 2

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

I can perform the speed bounce quickly, keeping my head upright to help with balance

I can use my arms to help me run faster

## 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

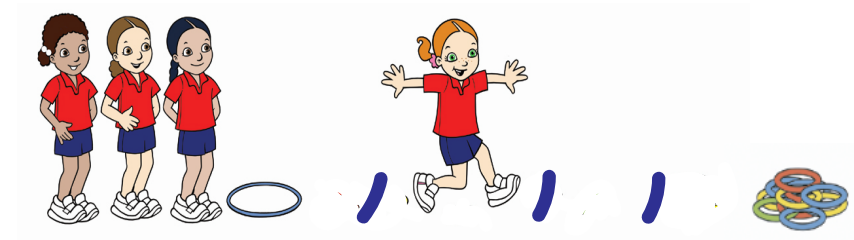


Children to sprint to pick up a beanbag and take it back to their team. 1 beanbag = 1 point

TP- Use arms to help you go faster

Teacher can make it a competition between groups

### STATION 2 - Leap



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

TP: Big Leaps over the strips, glide in the air

### STATION 3- Chest Push in pairs



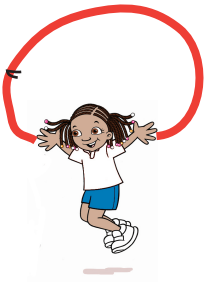
Sitting down and chest push the ball to a partner

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)

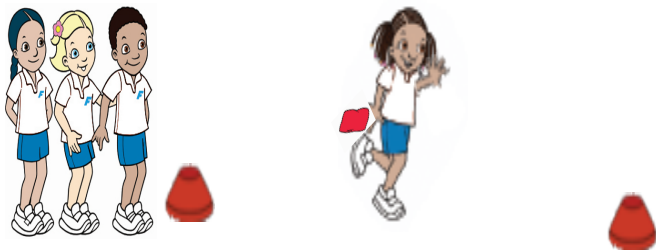


**Make it easier:** Step through the hoop or over the skipping rope

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

Extension: Children to use stopwatches.

## STATION 5 -Individual sprint



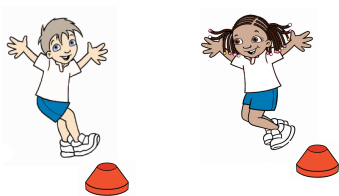
Take it in turns to run around the cones and back. They can pass the bean bag to the next person

TP- Use arms to help you run faster

- Hand out ready to receive the beanbag.

Extension: The children can time each other how quickly they can get to the cone and back.

## STATION 6-Speed Bounce fun



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

In pairs perform 20 speed bounces together trying to keep in time with each other - like a mirror.

Repeat this- How many x 20 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?*