

Lesson	Objective	Suggested Learning Activities	Assessment
<p><b>1.</b></p>	<p><b>Running</b></p> <p>To Explore different ways of travelling and decide on the quickest method</p> <p>To explain which running course is the quickest</p>	<p><b>Warm Up</b> How many cones can you touch in... 15 seconds, 20 seconds, 30 seconds, 1 minute</p> <p><b>Activity 1</b> Children split into 4 (or 8) groups, with 4 running courses setup for the children to try (1)Straight Line (2)Zig Zag (3)Weaving (4)Triangle Children will take it in turns to run the course in their groups and then rotate. Mini Plenary - Order the courses in the order of speed</p> <p><b>Activity 2</b> Travel in different ways - Skipping, Hopping, Crawling, High Knees Q - How did the travel affect the speed you went? Ext - Dribbling equipment around the course, does this change which course is the quickest?</p> <p><b>Cool Down</b> Run - Jog. Pace running around selected track</p>	<p>Can students select the quickest and most effective movements?</p> <p>Can students explain the difference between course shapes and speed?</p> <p>Can students identify what makes a good running technique?</p>
<p><b>2.</b></p>	<p><b>Running as a Team</b></p> <p>To demonstrate how to pass equipment to a team member when running</p>	<p><b>Warm Up</b> How many beanbags can your group collect in... 30 seconds, 1 minute, 2 minutes?</p> <p><b>Activity 1</b> Pass the baton - running circuits, children will practise passing different equipment to each other - Which was the best, why? (Ball, Beanbag, Hoops, Baton)</p> <p><b>Activity 2</b> Running as a team-relay track. As a group 2 races. 1st race everyone runs the same distance. 2nd race children can change the distances of different team members</p> <p><b>Cool Down</b> Trains - stay connected as a train, and team follows the leader</p>	<p>Can students estimate how much activity they can do in a given time?</p> <p>Can students successfully pass different equipment to a partner whilst running?</p> <p>Can students think tactically about who is the fittest in their team?</p>

<p><b>3.</b></p>	<p><b>Throwing</b></p> <p>To throw different equipment as far as possible</p> <p>To estimate which technique will get the furthest distance</p>	<p><b>Warm Up</b> Messy Bedroom - 2 teams opposite side, throw balls onto other teams side</p> <p><b>Activity 1</b> Set out a central area with 5 sides, split children into 5 teams. Each team will practice throwing their equipment in the following ways, 5 stations: Roll/Slide, Underarm throw, Overarm throw, Left hand/Right hand throw, 2 handed Rotate to next station (Quoits, Large Balls, Smalls Balls, Bean Bag, Javelin/howler Q. Which equipment/throwing style do you think will go the furthest? Ext - Add in hoops as target areas. Include a point system</p> <p><b>Cool Down</b> Over and Under relay in teams</p>	<p>Can students identify the most effective throwing techniques for different equipment?</p> <p>Can students estimate which equipment will travel the furthest?</p> <p>Can students throw towards a target?</p>
<p><b>4.</b></p>	<p><b>Jumping</b></p> <p>To demonstrate jumping over objects with some height</p> <p>To demonstrate how to jump as far as possible from standing</p>	<p><b>Warm Up</b> Teacher commands - High Knees, Skipping, Side Steps, Changing direction</p> <p><b>Activity</b> Circuit of activities for jumping, split children into 4 (or 8) groups. (1)Small hurdle jumps (1foot, 2feet) (2)Speed Jumps/ladders (3)Jump the length of the body (Standing &amp; with run up) (4)High Jump hurdles (5)Hopping agility course Q. What did you have to do to get voer the hurdles? What did you have to do to be able to jump as far as possible? Do you just use your legs when you jump?</p> <p><b>Cool Down</b> Hop scotch / Hopping / Jogging</p>	<p>Can students sucessfully jump in different ways?</p> <p>Can students identify what they need to do to be successful?</p> <p>Can students identify the different ways they can jump? (i.e take off and landing feet)</p>
<p><b>5.</b></p>	<p><b>Mini Olympics</b></p> <p>To keep scores and show fairness in competition</p> <p>To demonstrate running, jumping and throwing skills in a competitive situation</p>	<p><b>Warm Up</b> Follow the leader in teams</p> <p><b>Activity</b> Circuit of 5 activities (1 activity for each group including score system)</p> <ol style="list-style-type: none"> <li>1. Running race (winner = 5points, everyone else scores 2</li> <li>2. Throw bean bag into the hoop (3pts for further, 2pts for middle, 1pt for closest</li> <li>3. Jump over the hurdles (winner = 5points, everyone else 2</li> <li>4. Ball throw - furthest throwing (zones with points 3,2,1</li> <li>5. Long Jump (zones with points 3,2,1</li> </ol> <p><b>Cool Down</b> Slow motion hopping, skipping and jumping</p>	<p>Can students demonstrate running, throwing and jumping skills in a competitive situation?</p> <p>Can students keep scores for their own events?</p>