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| ***Class: 1.3*** |
| ***Lesson: Athletics*** |
| ***Lesson Objective:***  To understand what is involved in Athletics working on different techniques and tasks.  First week will be focusing on running and running technique |
| ***Resources:***   * Cones * Discs |

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| ***Warm Up:***  All children will move freely around the area in the hall. The children will be working on their Agility, Balance and Co-ordination. They will be encouraged to concentrate on all fundamental movements such as moving forwards/Backwards and side to side.  ***Safety Points:***   * Listening Skills * Communication * Fluid risk assessment carried out before each session |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Hurdles & Running Technique  The coach will, now assess the children, by being put into teams. They will now cover everything so far this term. Including running technique and hurdle technique.  ***Safety Points:***   * Teamwork * Communication * Awareness |
| ***Warm Down***:   * Breathing techniques * Slow movement around the hall   ***Safety Points***:   * Listening Skills * Communication * Teamwork * Risk Assessment carried out at all times |
| ***Plenary:***  ***Children understand more about running techniques and will be questioned at the end of every lesson*** |

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| RED:  Break down of the lesson if children are struggling with lesson input- especially with a certain technique or movement. |
| AMBER:  Show differentiation should some children still be struggling with the lesson. Challenge children to try at least one of the techniques. |
| GREEN:  Move the lesson on further with more technical input and different technique variations. |