

|  |
| --- |
| ***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
 |

|  |
| --- |
| ***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*** |

|  |
| --- |
| 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. |