

RESOURCE CARD: **ATHLETICS**: YEAR 6

RELATES TO: **WEEK 1**

MAIN LESSON: SPRINT START TECHNIQUE

ON YOUR MARKS



- Rear knee should be level with front foot
- Form a 'V' behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands

GET SET



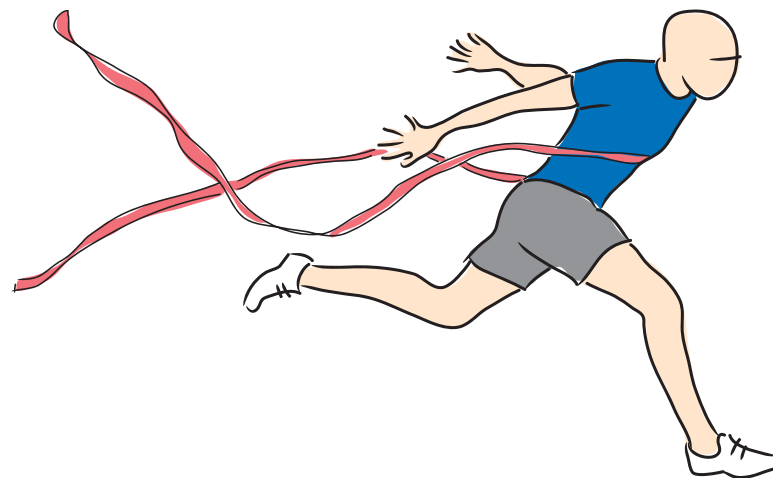
- Raise hips higher than shoulders
- Lift legs at the knees
- Body weight on hands and feet equally

GO!



- Drive knee of rear leg forwards
- Extend front leg out
- Lean forwards
- Don't become upright too early

GAME / COMPETITION: SPRINT FINISH

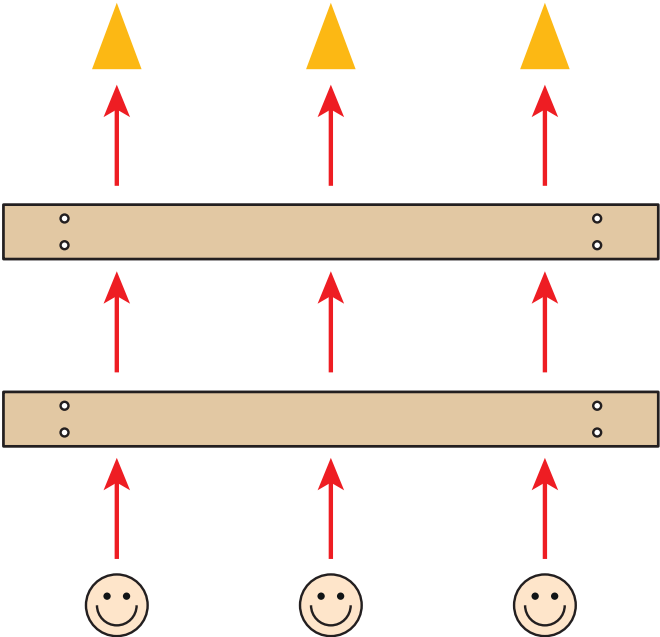


The arms need to come back and the chest needs to be pushed out. In races the clock stops when the chest passes the finish line.

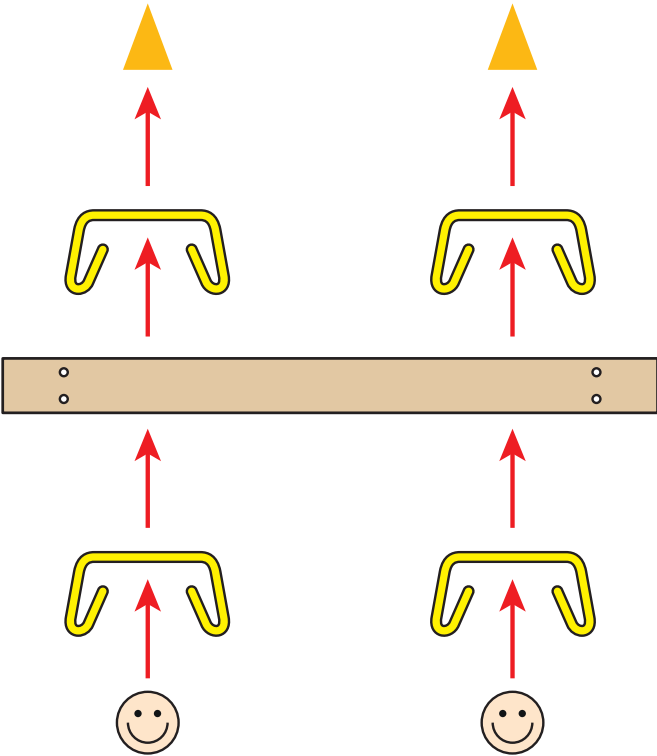
RESOURCE CARD: **ATHLETICS:** YEAR 6

RELATES TO: **WEEK 2**

MAIN LESSON: HURDLES AT SPEED



GAME / COMPETITION: HURDLE RACE



KEY



Player



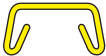
Where the player moves to



Cone



Bench



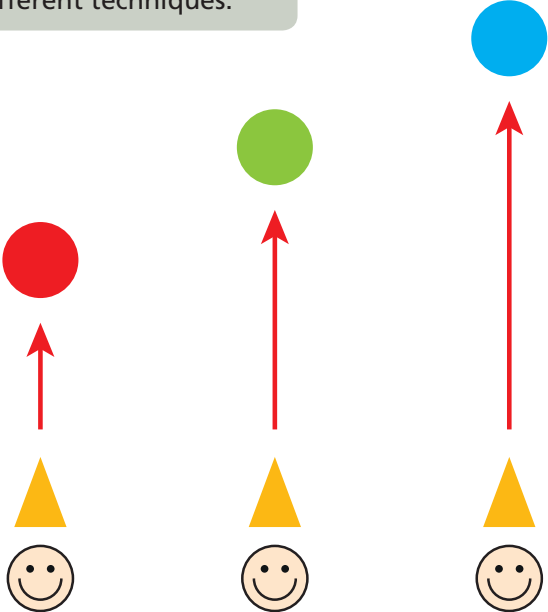
Hurdle

RESOURCE CARD: ATHLETICS: YEAR 6

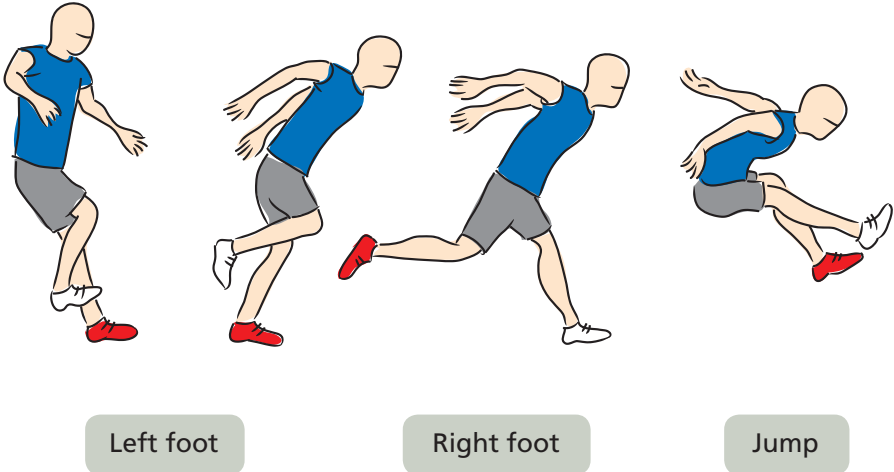
RELATES TO: WEEK 3

MAIN LESSON: JUMPING TECHNIQUE

Measure how far pupils can jump using different techniques.



GAME / COMPETITION: HOP, STEP AND JUMP



KEY



Player



Where the player moves to



Cone

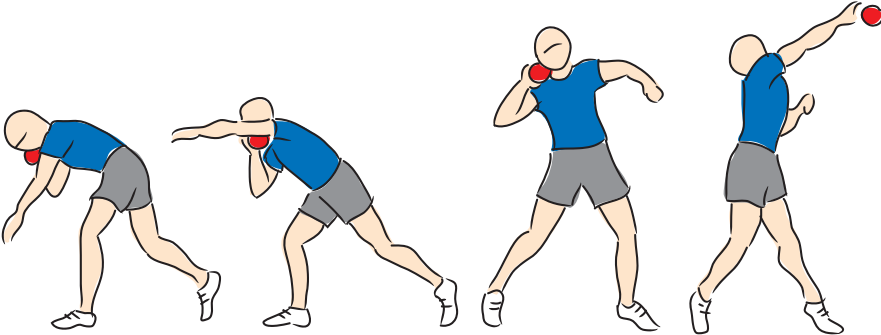


Floor spot

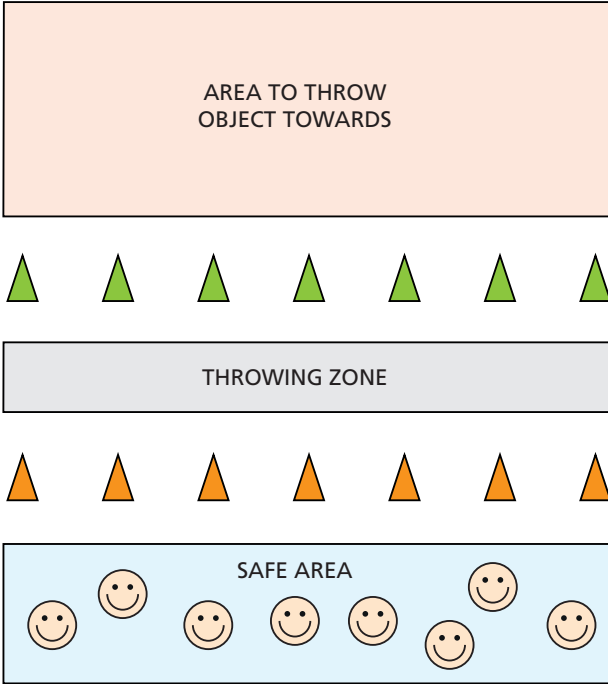
RESOURCE CARD: **ATHLETICS:** YEAR 6

RELATES TO: WEEK 4

MAIN LESSON: THROWING A SHOT PUTT



GAME / COMPETITION: MEASURE DISTANCE THROWN SAFELY



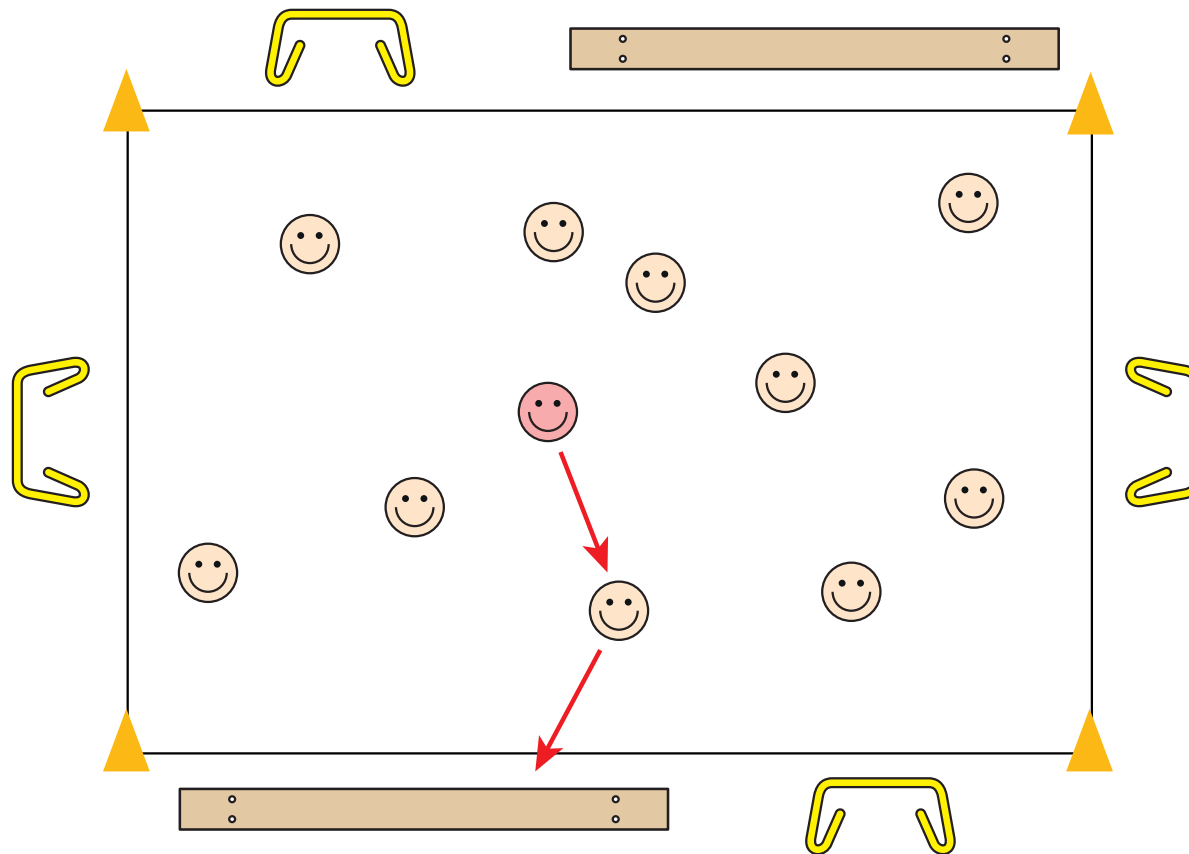
KEY



RESOURCE CARD: **ATHLETICS:** YEAR 6

RELATES TO: **WEEK 5**

GAME / COMPETITION: TAG WITH HURDLES AROUND THE SIDE OF THE PLAYING AREA



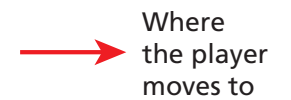
KEY



Player



Catcher



Where the player moves to



Cone



Hurdle



Bench

Set out a grid. On the outside of the grid, place one piece of hurdling equipment 5 metres away from each side. Each time a student is tagged they must leave the grid, scissor jump the equipment nearest to them, then return to the game near to the teacher. The teacher tracks the scores.