

LESSON PLAN: **ATHLETICS**: YEAR 4: WEEK 3

LESSON OBJECTIVE: Learn how to perform the push pass and generate power.

WARM UP (10 MINS)

Places two cones on the ground 10 meters apart with a skipping rope in the middle. Standing behind one cone students need to jump over the skipping rope, around the second cone and re-join the back of the queue. Develop this by swinging the rope and jumping in pairs.

MAIN LESSON (20 MINS)

Students work in pairs practicing the seated push pass. Hands need to grip the ball with finger tips pointing towards each other, and palms facing away from the chest. When students push the ball they should finish with their arms straight in the direction they want the ball to move in. Flick the hands to generate even more power.

Sitting behind a line students are now given a cone. They push the ball and must put their cone down as a marker where the ball lands. If they beat their score with their next go, they must move the marker.

Students now push the ball whilst kneeling. Pupils are encouraged to lean back slightly prior to pushing the ball in order to generate more power. As above, students need to try and beat the distance they throw whilst performing the kneeling push pass.

Now allow the students to complete a standing push pass, ask them to come up with different ways of generating power: Bend knees, lean back, step forward and jump etc.

GAME/COMPETITION (15 MINS)

The teacher splits the class into groups of equal ability. Groups sit in straight lines behind a number of coloured hoops. Students are to push pass the ball to make it bounce within a coloured hoop. The aim is to score the most points. Students get the following points for landing the ball in the following hoops:

- Red 2 points = nearest hoop
- Yellow 3 points = Middle hoop
- Blue 4 points 5 = Furthest hoop.

EQUIPMENT

- Balls
- Cones
- Hoops
- Tape measure

KEYWORDS

- Ball
- Push
- Grip
- Straight arms

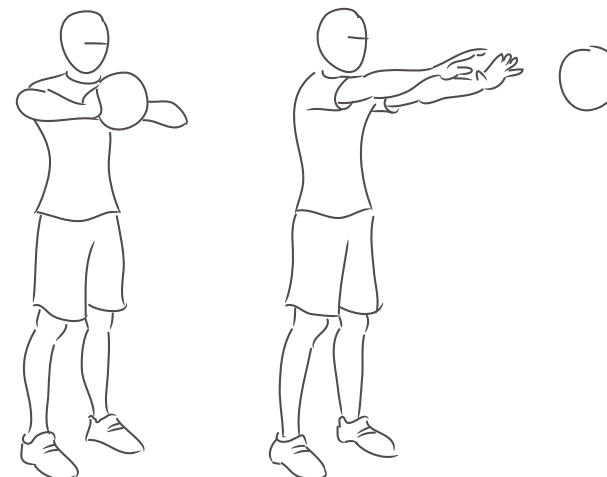
DIFFERENTIATION

LESS ABLE

- Bring partners closer together.
- Use a lighter and smaller ball.

MORE ABLE

- Increase the distance between the partners.
- Use a larger and heavier ball.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the throwing skills to a high ability?
	5	Can they perform the throwing skills with a certain degree of control?
	4	Can they perform some of the throwing skills, but to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: a standing push pass with the correct technique?
	5	Can they show and link: a kneeling push pass with the correct technique?
	4	Show they can perform a seated push pass with the correct technique.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.