

# LESSON PLAN: **ATHLETICS**: YEAR 4: WEEK 5

**LESSON OBJECTIVE:** To understand and perform the correct technique required to throw a foam javelin.

## **WARM UP (10 MINS)**

Students move around a grid in a number of ways. When the teacher blows their whistle students must stop and hold a freeze position. Different ways to move can range from jogging, sprinting, hopping, skipping, side stepping and lunging. Ask students to perform their own stretches.

## **MAIN LESSON (20 MINS)**

In small groups the pupils take turns to throw the javelin within their group in a safe area (Never throw a Javelin towards someone). When the teacher says 'collect' they walk out and collect the javelin safely.

The teacher introduces the correct grip and stance when throwing a Javelin: Stand facing the direction of the throw, hold the Javelin back behind the body, palm of the hand facing the sky, feet apart with the opposite foot, from the throwing arm, out in front of the body.

**Develop:** Show pupils that the back leg needs to be slightly bent, body weight over the back leg, lean back slightly, arm pulls past the head, elbow first followed by the hand holding the Javelin.

**Question:** Has the distance you can throw the javelin increased over the lesson?

## **GAME/COMPETITION (15 MINS)**

Target Throw:

The aim of the activity is to, as a team, score as many points as possible. The teacher marks out a number of different areas which are worth a range of different points. One person in each group could be nominated to be official scorer and their job is to remember their teams score by using their memory or white boards and pens. Once everyone has had a go, the official scorer works out how many points their team scored.

## **EQUIPMENT**

- Foam javelins
- Cones
- Placement markers
- White boards & pens

## **KEYWORDS**

- Grip
- Stance
- Release
- Javelin

## **DIFFERENTIATION**

### **LESS ABLE**

- Ability groups.
- Vary distances.
- Use a tennis ball instead.

### **MORE ABLE**

- Ability groups.
- Vary distances.
- Add in a run up.



# 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: the different movements required to throw the Form Javelin to a high ability?
	5	Can they show and link: some of the movements required to throw the Foam Javelin?
	4	Show they can throw a foam javelin.
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.