

LESSON PLAN: **ATHLETICS**: YEAR 4: WEEK 6

LESSON OBJECTIVE: Competition Week: To perform all the skills learnt over the previous weeks.

WARM UP (10 MINS)

Traffic Lights: The teacher has three different coloured cones:

- **Red:** Students must stop
- **Yellow:** Student must Jog around (Speed to run a long distance)
- **Green:** Sprinting

MAIN LESSON & COMPETITION (35 MINS)

The teacher sets up a number of activities for students to take part in to demonstrate the skills they have learnt over the term for example a Mini Olympics or a circuit with different stations. The class is split into four groups. They all take part in the following events and rotate round after a period of time. White boards could be used on each station to record results.

Activity one: 25 metre Dash: students run twenty-five metres as fast as they can. The group help record and collate the scores using the white boards and pens.

Activity two: Standing Long Jump: students jump as far as they can using the two footed jump. The group helps to record and collate the scores of each individual.

Activity three: Push Pass: students compete in the push pass challenge to see who can push pass the ball the furthest. The group helps to record and collate the scores of each individual.

Activity four: Javelin Throw: students compete in the Javelin throw challenge to see who can throw the Javelin the furthest. The group helps to record and collate the scores of each individual.

EQUIPMENT

- Cones
- Stop watch
- Javelin
- White boards
- Balls
- Tape measures

KEYWORDS

- Pump arms
- Bend knees
- Arms forward
- Arm past head
- Elbow first followed by the hand holding the Javelin

DIFFERENTIATION

LESS ABLE

- Vary competitions.
- Compete against students of the same ability.
- Adapt distances.

MORE ABLE

- Compete against pupils of the same ability.
- Adapt distances to make it harder to score points.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the skills to a high ability?
	5	Can they perform the skills with a degree of control?
	4	Can they show an understanding of the skills?
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: running, throwing and jumping successfully?
	5	Can they show and link: running, throwing and jumping?
	4	Show they are attempting to run, throw and jump?
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.