

# LESSON PLAN: **ATHLETICS**: YEAR 6: WEEK 3

**LESSON OBJECTIVE:** Take part in a number of activities which helps them improve their ability to jump for distance.

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

In groups of 4/5 set up speed and agility ladders and some cones. The students will go in and out followed by a 10m sprint to a cone. Vary what they do in the ladders. Two footed jump in each. Hop scotch, hop in each, two footed jump in every other square, two in two out. Ask the students to come up with their own combinations.

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

In pairs the students take part in jumping challenges. These are all to be completed from a standing start. You can prepare a list of these for the students to do. They can measure them or just compete against their partner. E.g. A leap is from one foot to one foot. Jumps are one foot to two feet or two feet to two feet.

1. Hop, hop and then jump
2. Jump, Jump and then Jump
3. Leap, jump and jump
4. Jump, jump, hop and then hop
5. Hop, hop and then leap

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

To finish can the students do a hop, step (leap) and jump. This can then be developed to run then hop, step and jump – the basic triple jump action. Record the distances of any successful jumps.

## **EQUIPMENT**

- Speed and agility ladders
- Hoops.
- Tape measure.

## **KEYWORDS**

- Leaping
- Jumping

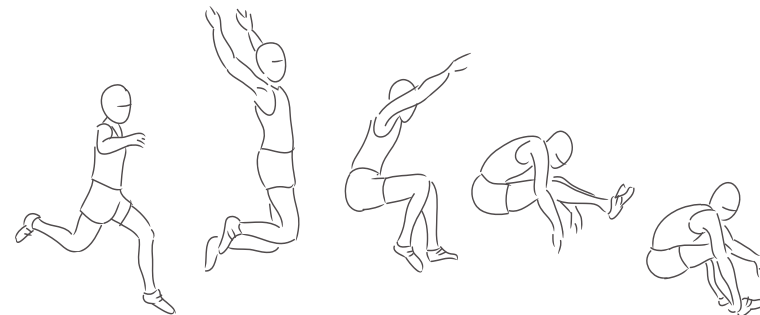
## **DIFFERENTIATION**

### **LESS ABLE**

- Group together to make the jumps fair and competitive.
- Distances can be shorter.

### **MORE ABLE**

- Group together to make the jumps fair and competitive.
- These distances can be slightly longer than the less able.



# ASSESSMENT FOR LEARNING

| CRITERIA                        |   | SKILLS   |
|---------------------------------|---|--|
| Fundamental Skills and Movement | 8 | Can they perform the triple jump to a high ability?                            |
|                                 | 7 | Can they perform the triple jump with a certain degree of control?             |
|                                 | 6 | Can they perform some of skills to triple jump, with very little control?      |
| Tactics, Rules and Teamwork     | 8 | Works with their partner & demonstrates knowledge & understanding of the task. |
|                                 | 7 | Can work with a partner and understands the task.                              |
|                                 | 6 | Starts communicating with their partner.                                       |
| Show and Link                   | 8 | Can they link: running and jumping and gain a good distance?                   |
|                                 | 7 | Can they show and link: running and jumping?                                   |
|                                 | 6 | Show a standing triple jump?   |
| Describe Ways to Improve        | 8 | Are able to describe and improve performance.                                  |
|                                 | 7 | Are able to describe performance.  |
|                                 | 6 | Are able to see differences in performance against a simple model.             |
| Fitness and Health              | 8 | Shows a solid understanding of why physical activity has health benefits.      |
|                                 | 7 | Has some knowledge of why physical activity has health benefits.               |
|                                 | 6 | Has little knowledge of why physical activity has health benefits.             |