

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

**LESSON OBJECTIVE:** To learn the correct technique for throwing a shot putt.

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

Students to work in pairs in a marked square (approx. 20x20m). Each pair has a tennis ball. They move in and around the square jogging one behind the other. The one in front has the ball and must push it up in the air as far as they can so that their partner can catch it. The more powerfully they push it upwards, the higher it will go and it will be easier to catch. Forfeits can be added for pairs who drop their ball.

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

Class discussion about what they do to try to get the tennis ball as high in the air as possible. Rules of shot putt to be made clear at the start:

- Throw must start from standing still.
- Shot is pushed from under the chin by straightening the elbow.

Pupils should start facing in the other direction with the shot touching their neck. They should be crouched down so that their chin, knee and toe are all in a line. In an explosive movement, they should spring up and push the shot as high and as far as they can. Remember not to use a throwing action.

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

By the end of the lesson each pupil should have a measurement in metres and centimetres. Each pupil should have at least three attempts at getting an official score. The measurement needs to be taken from where the shot lands, not where it bounces to.

## **EQUIPMENT**

- Tape measures
- Tennis balls
- Cones

## **KEYWORDS**

- Push
- Rotation
- Transfer weight
- Explosive power

## **DIFFERENTIATION**

### **LESS ABLE**

- For the warm up and main lesson activities, pupils should be grouped so that lower ability pupils work with one another.

### **MORE ABLE**

- For the warm up and main lesson activities, pupils should be grouped so that higher ability pupils work with one another.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills and Movement	8	Can they perform the shot putt to a high ability?
	7	Can they perform some of the shot putt with a certain degree of control?
	6	Can they perform some of the shot putt, but 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: the correct technique to throwing the shot putt and gain a good distance?
	7	Can they show and link: the correct technique to throw a shot putt?
	6	Show they can throw a shot putt.
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.