

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

LESSON OBJECTIVE: Understand the importance of pacing in long distance running.

WARM UP (10 MINS)

A number of children to sit around the outside of a marked area with a ball in their hands. The students in the middle of the area move around in different ways directed by the teacher. As the students move around the area they approach someone on the outside, receive the ball from them using the seated throwing technique and then throws it back.

MAIN LESSON (20 MINS)

Split the class into even teams. Teams have to complete the following parlauf:

- **5 Cones:** Five cones are placed out in front of each team. The first person in each team must run around the first cone and back to the cone they started from. They must then run around the second cone and back around to the cone they started from. They must do the same for each cone.
- **6 Lay Relay:** Place six cones stacked approximately 6m in front of each team. Each individual in each ground has to run out an around a cone six times.

GAME/COMPETITION (15 MINS)

Capture The Flag:

The pupils are split into two teams. Mark midfield with several cones or markers. From here, each team places their flag 5m away from the centre of the field. On the teachers whistle, each team has to try to run and grab the flag on the other side of the field. If a player is tagged on the other side of the field, that player must go to "jail." You can only be rescued from jail if a teammate frees you. The team who captures the flag by the end of the allotted time is the winner.

EQUIPMENT

- Cones
- Spot markers
- Bibs

KEYWORDS

- Arms
- Pacing
- Stride length
- Breathing

DIFFERENTIATION

LESS ABLE

- Partner students with similar abilities.
- Decrease distances.

MORE ABLE

- Partner students with similar abilities.
- Increase distances.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the pacing skills to a high ability?
	4	Can they perform the pacing skills with a certain degree of control?
	3	Can they perform some of the pacing skills, with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: the skills required to use pacing effectively to a high ability?
	4	Can they show and link: some of the pacing skills when running, but unable to use it to a high ability?
	3	Can they show knowledge of what pacing is, but unable to show this skill.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.