

LESSON PLAN: **ATHLETICS**: YEAR 3: WEEK 5

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

WARM UP (10 MINS)

Traffic Lights: The teacher has three different coloured cones which signal the following:

- Red: Students must stop,
- Yellow: Students must Jog around
- Green: Sprinting

MAIN LESSON (20 MINS)

The children take turns to throw the javelin within their group in a safe area.

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.

Allow pupils to have a go at throwing the javelin again, trying to bet their distances from before.

The teacher can then teach the students what they need to do with their bodies when they release the Javelin: move the body forward as the arm comes forward, release the javelin as the hand moves past the head and follow through with the arm in the direction of the throw.

Question: Has the distance you can throw your 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.
- Have closer and bigger targets.

MORE ABLE

- Ability groups.
- Have further away and smaller targets.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the throwing skills to a high ability?
	4	Can they perform the throwing skills with a certain degree of control?
	3	Can they perform some of the throwing 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 different skills to throw a Foam Javelin to a high ability?
	4	Can they show and link: some of the skills to throw a Foam Javelin?
	3	Can they show knowledge of the skills required to throw a Foam Javelin, but unable to perform 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.