

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

LESSON OBJECTIVE: Competition week: Demonstrate all the skills learnt over the last 6 weeks.

WARM UP (10 MINS)

Cones and Domes: The teacher splits the class into four teams who sit in different positions around a marked out square. The teacher numbers the teams 1, 2, 3 and 4. In the middle are located a number of cones turned the correct way (Cones) and turned upside down (Domes). The teacher calls two team numbers and states which way they need to turn the cones. With that, the two teams run into the middle and turn their cones over. The game stops when the teacher blows their whistle and students put their hands in the air. E.g. Team 1 = domes, Team 4 = cones, GO!

MAIN LESSON & COMPETITION (50 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. They rotate round and record scores.

25 metre Race:

Students take it in turns to race a 25 metre race. The teacher could record the winning times from each heat and then have a finals.

Standing Jump:

Students take it in turns to see who can jump the furthest. Use cones to mark out the distance of each participants jump. Put the winners of each heat through to a final.

Javelin throw:

Students take it in turns to see who can throw the furthest. Use cones to mark out the distance of each participants throw. Put the winners of each heat through to a final.

EQUIPMENT

- Cones
- Stop watch
- Javelin

KEYWORDS

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

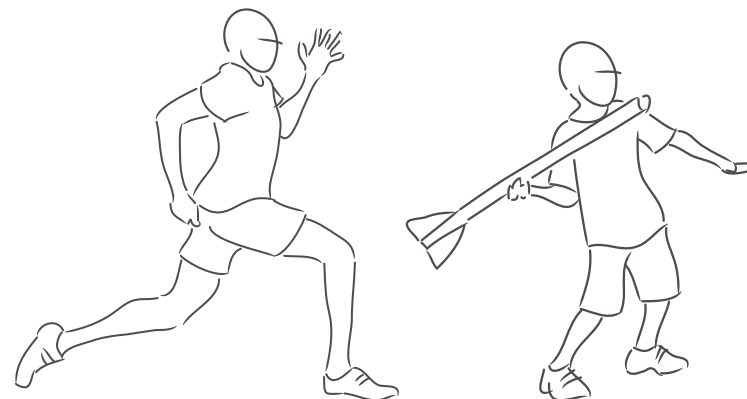
DIFFERENTIATION

LESS ABLE

- Different competitions for ability groups.
- Compete against students of the same ability.

MORE ABLE

- Compete against people of the same ability.
- Increase the distance to run.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the skills to a high ability?
	4	Can they perform the skills with a certain degree of control?
	3	Can they perform some of the 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: all the skills learnt over the term?
	4	Can they show and link: some of the skills learnt over the term?
	3	Can they show knowledge of the skills learnt over the term, but only able to perform some of the skills.
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.