



Move up a level

PSSI Homepage

Curriculum Objectives

Strand Unit: Running

- Walk, jog or run over distance:
 - walk/jog in a non-competitive setting for extended periods;
 - develop an awareness of pace.
- Relays:
 - participate in pair relay with a beanbag developing simple technique;
 - passing with the right and receiving with the left hand using the downsweep technique.

Strand Unit: Throwing

- Practising an over-arm throw:
 - develop a short approach **plant and throw**.

Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of pace.
- Describe and discuss movement and ask and answer questions about it:
 - does passing the beanbag as we practiced it today make a difference to your speed?

Venue

- Hall/yard.

Equipment

- Skipping ropes, cones, beanbags, whistle and mats.

Reference

- Primary School Curriculum (1999) Physical Education, page 26.
- Buntús Cards: Throwing 1 – Clean the Playground; Throwing 3 – Throwing for Distance.



ORGANISATION

Set out a course for the children to run. (This could be around a field or yard.)

The children run with a partner.

The children line up in lines of eight as in diagram. Each child is given a beanbag. Different coloured cones are placed as markers one metre apart, beginning five metres from throwing line (see diagram).



ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Chat and run

The children run at a comfortable steady pace. As they run ask them to try to name as many people in the class as they can.

After initial activity of naming people encourage the children to run and chat about topics such as their favourite colours, foods or television programmes.

Activity should last approximately 60-90 seconds.

2 Throwing

Over-arm throw of beanbag

Step 1

- In turn each line throws the bag over-arm through the air.
- On a signal from the teacher, the line collects their beanbags, moves to the side and walks to the back to their places. Other groups repeat.

Step 2

- Introduce the terms **plant and throw**: Step forward, place the foot firmly on the ground and throw.



Starting position



Plant



Throw

Throwing practice – beat the target:

The children in each group throw the beanbags far as possible, using cones as target distances. Following experimentation in Infants, the children will have established their favourite throwing arm.



TEACHING POINTS

- The run and chat activity promotes enjoyment and controls the pace. The children should be comfortable running at a talking pace.

Q Could you practise this with your friend at home every day?

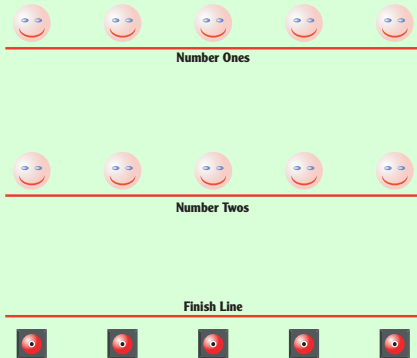
- Right-handed children stand with the left foot forward, sideways to the target – the reverse for left-handed children. Ask any child who is not sure to try different stances again.
- The throwing arm is drawn back straight before bending as the bag is released. Release the bag when arm is stretched upwards.

Safety Points

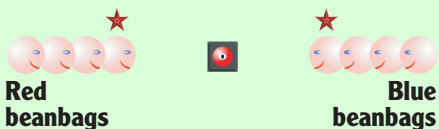
- The children should throw only when instructed – no child retrieves the beanbag until every child in the line has thrown. Then the children collect the bag and move to the side and walk back to their places.
- The child stands sideways to target – feet together. Right-handed thrower: step forward on the left foot and throw, i.e. plant and throw. Reverse this for left-handed throwers. The children only throw when instructed.
- No child retrieves the beanbag until every child in the line has thrown. The children try to beat the target on each successive attempt.

ORGANISATION

The children remain in four lines as in Activity 2. The pairs in lines **A** and **B** operate as a team and **C** and **D** as a team. To begin, lines **C** and **D** wait as lines **A** and **B** line up as in diagram.



Place two pairs together to make a group of four. Two groups of four make a team. Each group has four beanbags the same colour.



ACTIVITY

3 Pair relay

Revise the formal relay using the down sweep technique.

- Each child in line one stands facing forwards towards the finishing line.
- Line two moves forward about five/six metres away.

All of the **Number 2s** stand facing the direction they will jog and stretch their **left** arm backwards to receive the beanbag. The **left** leg should also be at the rear. The children should look over their **left** shoulder to see their partner coming.

Step 1

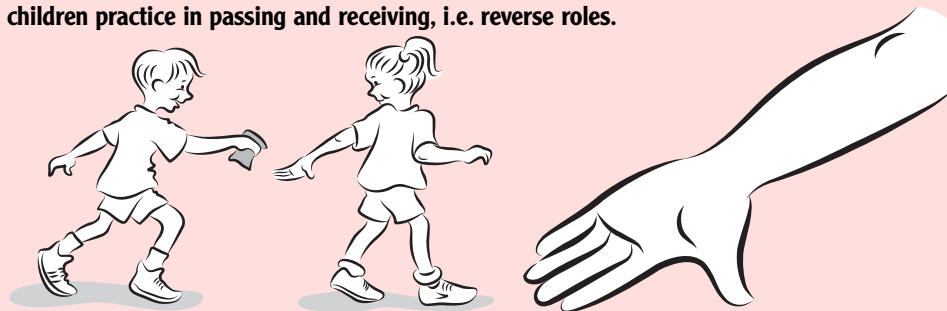
Number 1s hold the beanbag in the **right** hand. On a signal, all walk forward and pass the beanbag onto **Number 2s** left hand. When **Number 1s** are passing the beanbag they should remember to walk to the left side of their partner.

Step 2

Number 2s must tighten grip and bring the hand forward and continue walking to the finish line. The next group now repeat this activity.

Step 3

The children repeat the activity of passing the beanbag while jogging. Remember to give all the children practice in passing and receiving, i.e. reverse roles.



4 Concluding activity: Fun relay

In turn each child in the groups runs to the cone and exchanges beanbags with their opposite number. Then they return to their own line and sit down. The first team (i.e. the two groups) to be back in their own lines, having exchanged their beanbags, are the winners.

TEACHING POINTS

- The children in Line **A** hold the beanbag in their right hand.
- The children in Line **B** make sure their palm is flat and facing upwards with fingers together and thumb spread.
- On finishing, both lines **A** and **B** walk down the perimeter and allow lines **C** and **D** to move into place to run.

Q How do you avoid crashing into the back of the child in front when you run?

- Insist that the exchanges of beanbags must take place at the cone.
- The returning runner must be back in line before the next child begins to run.

ORGANISATION

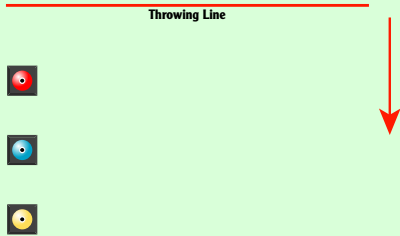
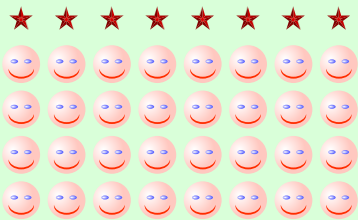
ACTIVITY

TEACHING POINTS

5 Cool down

Visit your cool down bank.

DEVELOPMENT

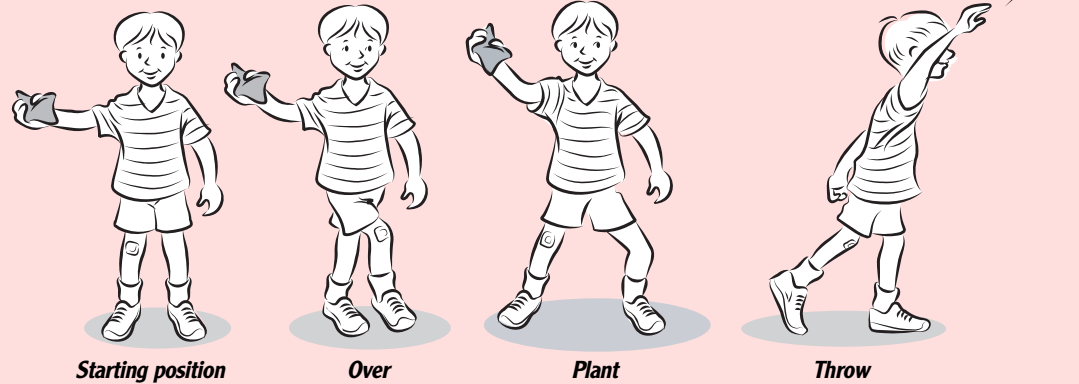


The children are organised as shown.

1 Throwing

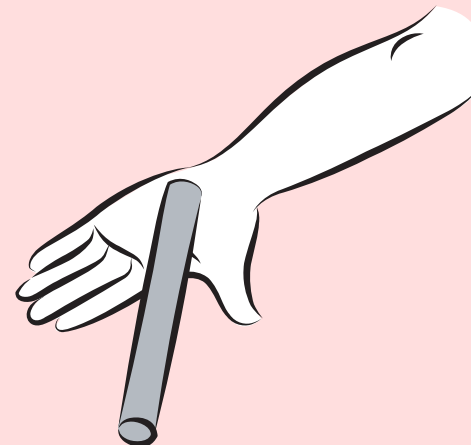
Introduce initial step: over, then plant and throw.

Over means to step across your body.



2 Pair relay

Increase the distance between the pairs. Introduce a baton for the children who have mastered the changeover skills well. The children run to pass the baton.



- For right-handed throwers: Stand sideways. Bring right foot across the body. Step/plant with the left foot and throw.

- Emphasise correct passing technique.
- Place the baton down onto the palm of the outstretched hand, palm facing the sky.