



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Running

- Walk, jog and run over distance:
 - walk/jog in a non-competitive setting.
- Relays:
 - practice baton changeover technique in teams of four in a straight line.

Strand Unit: Jumping

- Practise the standing jump for distance:
 - develop a short approach run.

Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of pace:
 - change from walking to jogging.
- Develop an understanding of the rules of athletics:
 - rules for baton change over.
- Measure an achievement:
 - compare the length of a standing long jump to a jump with an approach run.

- Hall/yard.

- Cones/domes, beanbags, mats and chalk.

- Primary School Curriculum (1999) Physical Education, page 43.
- Buntús Cards: Jumping 1 – Jumping for Height; Jumping 2 – Jump the Stream.



ORGANISATION

Scatter cones around the area.

Divide the children into groups of four – each group has a beanbag. Four children are spread in a straight line in the space available, at least two metres between each line of children.



Finish Line

ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Running over distance (30 seconds-2 minutes)

- Walk with change of speed, direction on given signal, e.g. whistle.
- Jog from cone to cone.
- Jog again from cone to cone. At every cone carry out an activity called by the teacher, e.g. 5 scissors jumps, 10 arm swings etc.

2 Relays: Formal relay OR Fun relay (Lesson 3 1st/2nd class)

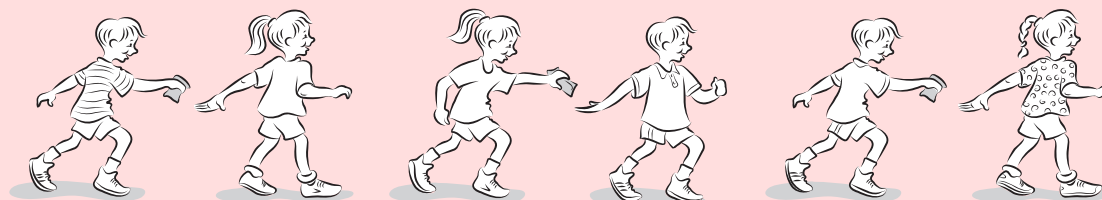
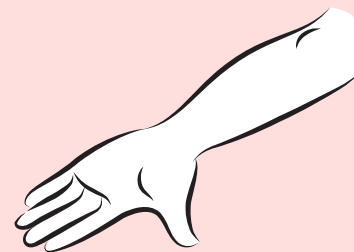
Practice the downsweep baton changeover with bean bag in fours:

Step One

- **Number 1** holds the beanbag in right hand and walks towards **Number 2**.
- **Number 2** receives it with outstretched left hand and walks towards **Number 3**.
- **Number 3** receives it with outstretched right hand and walks towards **Number 4**.
- **Number 4** receives it with outstretched left hand and walks to finish.

Step Two

- Now **Number 4** becomes **Number 1** and all turn to face the new direction.
- Ensure that all the children now know their new position/number and which hand they are using.
 - Repeat the activity, moving up and down the area several times, walking, then jogging.
 - Ensure that **Number 1** and **Number 4** also alternate positions. When the children are familiar with the passing pattern, reintroduce baton.



TEACHING POINTS

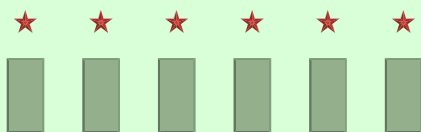
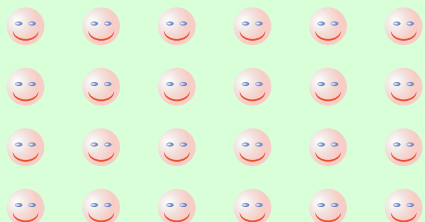
- Encourage the children to use all the space and to watch where they are going.
- Receiver keeps his/her hand flat.
- Encourage a wide **V** between thumb and forefinger (see illustration).
- Stretch receiving hand back palm upwards, with the thumb nearest the body.
- Remind **Number 3** to receive and pass the beanbag in the right hand, **Number 2** and **Number 4** to receive and pass the beanbag with the left hand.

Q How can you avoid crashing into the person in front of you?

- When the baton is being used, remember to place the baton on the **V** of the outstretched palm.
- Never swap the baton from hand to hand while running, i.e. receive with the right, pass with the right, and receive with the left, pass with the left.

ORGANISATION

Place six mats side by side. Place different coloured beanbags/cones as target measures by the sides of the mats. Line the children up in groups of four or five.



Place a beanbag approximately half a metre from each mat.



Mark the take-off position with a chalk line.

ACTIVITY

4 Jumping

Standing long jump

In turn each child moves to the mat:

- (a) takes off from both feet, jumps and lands on both feet. Repeat 4 times.
- (b) takes off from one foot, jumps and lands on both feet. Repeat 4 times.

Ask the children to note the distance jumped.

Long jump with an approach

The children run three or four strides to the beanbag, take off from one foot and land on two.



Ask the children to compare the distances jumped with a standing jump and a jump with an approach run.



5 Cool down

Visit your cool down bank.

DEVELOPMENT

1 Relay

Relays in fours using a baton while running.

2 Jumping

The children should aim to place their take-off foot on the line.

TEACHING POINTS

- Sink hips and bend knees slightly on take-off.
- Jump high in the air.
- Arms swung high in flight.
- Back straight and knees bent on landing.

Safety

- These jumping practices must be carried out with landing mats or a sand pit.
- No child may start the activity until the previous child has left the mat.
- The children should walk off the pit/mat at the far side and return by the sides.
- Repeat the jump no more than four times.