



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Running

- Jog/run over distance in a non-competitive setting:
 - vary the pace.
- Sprinting:
 - revise formal standing starts, acceleration and finishing technique.
- Relays:
 - practice baton changeover technique in teams of four in a straight line.

Strand Unit: Throwing

- Develop a short approach run before releasing the throwing implement:
 - take three or five strides and release the foam javelin/beanbag.

Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of pace:
 - vary the pace.
- Describe and discuss movement and ask questions about it.:
 - discuss the effect of lengthening the approach run.
- Measure an achievement:
 - measure a throw.
- Identifying track and field events.

- Hall/yard.

- Relay batons, beanbags and foam javelins.

- Primary School Curriculum (1999) Physical Education, page 50.
- Teacher Guidelines, pages 58-9.
- Buntús Cards: Running for Speed 1, 2 & 3; Throwing 1, 2, 3 & 4.



ORGANISATION

Divide the children into groups of eight.

The children line up in groups of eight as below but the cones are **10 metres** away.



70M



ACTIVITY

Warm up and stretch: Visit your warm up bank.

1 Running for distance: Trains

In groups of eight, the children jog round track/field in single file. On a signal, the last child in each group sprints to the front and slows to a jog.

The activity is repeated until all the children have been leaders.

Run for three or four minutes.

2 Sprinting – Reaction sprints

In turn, each group gets into position on the starting line. The children should suggest a fun starting position. On a signal each group rises and sprints to a designated area 10 metres away.

Return to the starting line formation by walking up the perimeter of the yard.

3 70 metre sprints – formal standing start

The teacher calls out:

On your marks – walk up to starting line.

Set – front toe to the line, back foot one small step behind. Opposite arm forward, i.e. if left foot is forward, right arm is forward. Relax arms. Lean forward slightly. Look straight ahead towards finishing line.

Go – sprint as fast as possible. Increase pace at 50 metres to encourage strong finish

Run through at finish before slowing down to stop.

Return to the starting line formation by walking back along the perimeter of the yard.

Repeat three times.

Remember when starting a sprint at this level, it is not necessary for the children to crouch in a racing position where their hands are on the ground.



TEACHING POINTS

- The children must pass out on the right.
- Suggestions for some starting positions:
 - Face away from the finishing line.
 - Crouch low and hold the ankles with the hands.
 - Crouch low and place the hands at the back of the head.
- Ask the children to suggest others.

- Q What is it called when an athlete runs before *go*?
- Q How is it discouraged?

- Look for good starting position, quick reaction, strong acceleration and a strong finish.
- **Emphasise acceleration and finishing technique.**

ORGANISATION



The children remain in lines as above. Ensure that there are two or three metres between each line.

Distribute beanbags and or foam javelins. Place markers at one-metre intervals to mark the distance thrown.

Line **A** throws and retrieves when signal is given and returns to the back of the group. In turn each line throws. Repeat.



The four in each vertical line now become a team – 1, 2, 3 and 4 – one baton per group. The children stand 20 metres apart or as far apart as is feasible.

ACTIVITY

4 Throwing – Foam javelin over-arm throw

Revise step pattern with no beanbag or foam javelin.

- Plant and throw.
- Over, plant and throw.
- Step, over, plant and throw.

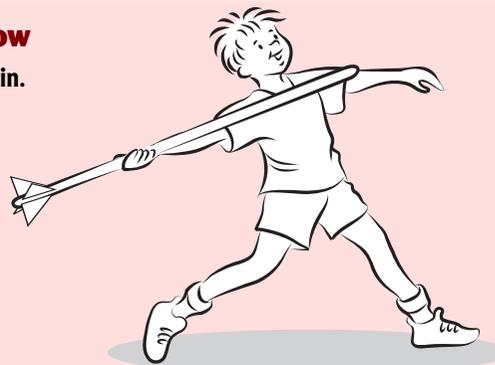
Now increase to five strides: step, over, step, over, plant and throw.

In turn, each line practise the above.

Introduce beanbags/foam javelins.

In turn, each line, using the three stride run up, throws the beanbag/foam javelin and retrieves it when the signal is given. They then walk along the perimeter of the yard to the back of the group.

The children can then practise in their lines using a five stride or a seven stride approach run.



5 Relay

Revise the baton passing sequence. If necessary demonstrate each step with one group.

Step 1: Revise the downsweep baton changeover while jogging.

The baton is passed from **Number 1** to **Number 2** to **Number 3** to **Number 4**. 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.

Step 2: Change the position of all team members so that all experience the changeover in different positions. If the changeover style of the children is well established, proceed to Step 3.

Step 3: Changeover while the receiver is moving. Keep the groups in a straight line.



6 Cool down

Visit your cool down bank.

TEACHING POINTS

- Stand sideways to the direction of the throw.
- Begin with feet together and slightly angled forward.
- Bring the throwing arm straight back.
- When planting the foot, plant it firmly on the ground.
- As the arm bends, release the beanbag/foam javelin at the highest point.
- Encourage the children to call out the step pattern.

- Q How can you avoid crashing into receiver
- Q Can you remember the hand pattern for passing the baton?
- Q Which hand do you stretch behind now to receive baton?

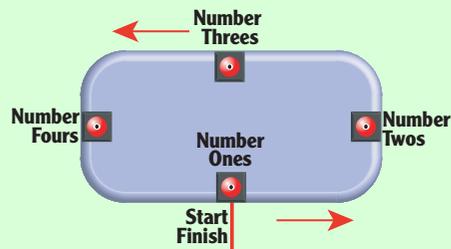
- As **Number 1** approaches **Number 2** s/he calls *hand* when within 2-3 metres of **Number 2**. On hearing the call, **Number 2** jogs slowly forward, looking forward with arm and hand outstretched behind. Once **Number 2** receives the baton, s/he runs quickly towards **Number 3**. Repeat all of above for changeover from **Number 3** to **Number 4**.

DEVELOPMENT

ORGANISATION

The children spread out around playing area.

Place cones in circular formation. The children are placed in teams of four and take up position at the appropriate cone. Two teams run at any one time.



ACTIVITY

1 Circular relay

Running the relay in oval formation can be done as a class activity if a school has sufficient space to allow a track to be marked.

Place the children 20 metres apart.

Downsweep baton changeover.

Receiver is moving as the baton is passed.

Number 1 sprints to **Number 2**, handing over the baton. **Number 2** passes the baton to **Number 3**, who passes to **Number 4**. **Number 4** runs to finish at the starting point.

2 Throwing

Develop the approach run to a seven-stride pattern for those who are competent.

Step, over, step, over, step, over, plant and throw.

Implement a **throwing line** beyond which the child may not step when releasing the foam javelin/beanbag.



Starting Position

Step

Over

Step

Over

Step

Over

Plant



Throw

TEACHING POINTS

- As **Number 1** approaches **Number 2** s/he calls *hand* when within two to three metres of **Number 2**. On hearing the call, **Number 2** jogs slowly forward, looking forward with arm and hand outstretched. Once **Number 2** receives the baton, s/he runs quickly forward towards **Number 3**. Repeat all of above for changeover to **Number 3** and from **Number 3** to **Number 4**, respectively.