



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Running

- Jog/run over distance in a non-competitive setting.
- Relays:
 - participate in a standard relay on an oval track;
 - practise baton change over technique.

Strand Unit: Throwing

- Develop the shot put or throw from a standing position using a medium-sized ball.

Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of pace:
 - practice even paced running.
- Describe and discuss movement and ask questions about it:
 - discuss the different approach to the shot put as opposed to the javelin throw.
- Measure an achievement:
 - measure a throw.
- Identifying track and field events.
 - Hall/yard.

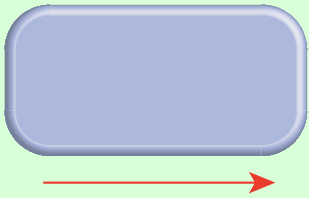
- Relay batons and Olympic-sized handballs.
- Development activities: primary shot.

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



ORGANISATION

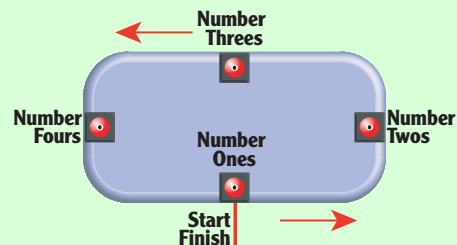
Divide the children into groups of eight.
Mark out three circuits if possible.
Place cones in circular formation.
Place the children at points around the circuit.



Place cones in circular formation.
Place the children in teams of four and number them **1, 2, 3, 4**.

Each team has a baton and take up position at the appropriate cone (see diagram). Establish as many circuits as you have space for, otherwise alternate the teams.

Demonstrate with two teams, others then take up their positions.



ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Running for distance: The bus run

Number 1 runs to **Number 2** who joins the run.

They continue to **Number 3** and collect him/her.

The group continues on collecting until all group members are running together.

They continue to run for four to five minutes.

On a signal from the teacher, the team begins to drop each team member at his or her original cone.

2 Relay

Revise the changeover with the receiver moving.

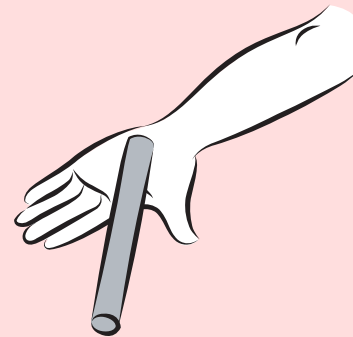
Practise the relay in the usual line formation or, if there is sufficient space available, introduce:

Circular relay

Running the relay in an 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 approximately 20 metres apart.

Downsweep baton changeover

The 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 around marker to finish at the starting point.



TEACHING POINTS

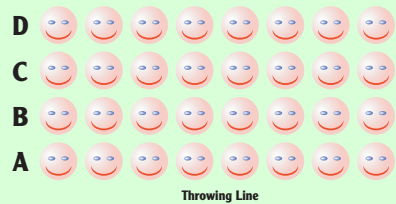
- Run at an even pace.
- Some children may need to be allowed to walk for a section and rejoin the group.
- Encourage the children to keep moving even if they need to stop running.

- 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 behind.
Once **Number 2** receives the baton, s/he runs quickly forward towards **Number 3**.
Repeat all of the above for changeover to **Number 3** and **Number 4**, respectively.

- Q What is the role of the incoming runner when passing the baton?
- Q What is the role of the runner waiting to receive?

ORGANISATION

Groups now move back together to form four lines, as in diagram Give each child or line an Olympic-sized handball. Place different coloured markers to encourage the children to aim for distance.



ACTIVITY

3 Putting the shot

- On a signal, Line **A** move to the throwing line and push the ball using the standing putting action.
- On a second signal each child in Line **A** retrieves and returns to the back of the group.
- The children in Line **B** step forward to the throwing line, each throws the handball and retrieves it when the signal is given. Continue for lines **C** and **D**.

Repeat.



4 Cool down

Visit your cool down bank.

TEACHING POINTS

- The ball is held in the hand at the base of the fingers and placed just below the right ear:
 - The right elbow and upper arm are parallel to the ground;
- Face the direction of the throw.
 - The left arm is outstretched upwards in the direction of the throw.
 - Feet shoulder width apart, right foot slightly behind.
- Step back on the right foot twisting the top part of the body away from the target, bending the knees slightly.
- Bring the body forward and push/drive with the legs to push the ball forward. The reverse for left-handed children.

DEVELOPMENT

Place cones in circular formation. Place the children in teams of four and number them **1, 2, 3, 4**.

1 Circular relay

The children run a **circular relay**. The teams take up position at the appropriate cone as in Activity 2. Two teams run at any one time.

2 Putting the shot

The children who have mastered the technique could be introduced to the primary shot which is a heavier ball. Remind the children that the shot must be released before they step beyond the throwing line.

- Look for good changeover technique.