



Move up a level

PSSI Homepage

Curriculum Objectives

Strand Unit: Running

- Walk/jog in a non-competitive setting for extended periods:
 - follow a trail.
- Sprinting:
 - reaction activities.
- Relays:
 - participate in a pair relay using a beanbag.

Strand Unit: Throwing

- Experiment with appropriate objects and methods of throwing aiming for height and distance.
- Throwing at a target, throwing for distance.
- Explore footwork.

Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of the basic rules of athletic events.
- Wait until your partner has returned before running in the pair relay.

Venue

- Yard.

Equipment

- Whistle, cones, beanbags.

Reference

- Primary School Curriculum (1999) Physical Education, page 16.
- Buntús Cards: Introductory – Collecting the Beanbag.



ORGANISATION

Lay out a **trail** of beanbags. Make some sections straight and other sections zigzag. The children line up one behind the other. On a signal from the teacher, all the children pick up one beanbag and return it to the side.

The children line up in lines of seven or eight, one line behind the other as in diagram. Distribute a beanbag to each child. Place a second marker as a target 10-15 metres away.

Place a beanbag or number at the back of each group to help the children to identify their position when returning.



10-15M



Star ★ denotes beanbag at starting position.

Collect the beanbags.

ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Running for distance

The children run around play area, following the **trail** of beanbags. Again, allow individual children to opt to walk or jog around the course.

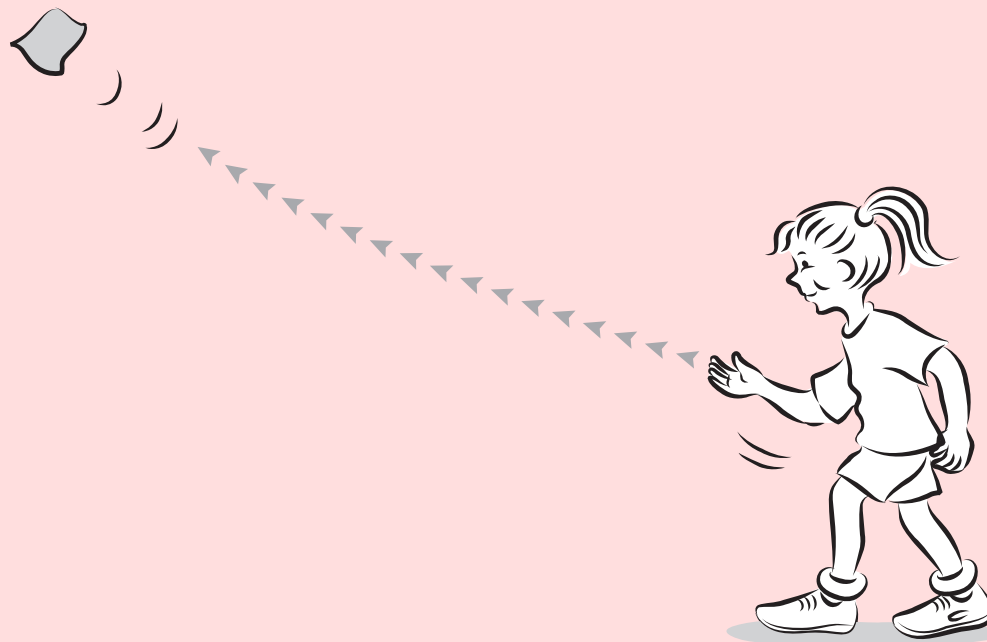
2 Throwing for distance

Each line of children in turn throws the beanbag **underarm** at the target marker.

Encourage the children to explore different ways of standing to throw the beanbag, e.g.:

- Right foot forward, right hand throwing.
- Right foot forward, left hand throwing.
- Two feet together, two hands throwing.

Through questioning, guide the children to the **decision** that, if they are throwing with the right arm, standing with the left foot in front is the optimum position.



TEACHING POINTS

- Place the faster children at the front of the line.
- Try to ensure that the **trail** is long enough to prevent overlapping.
- Run for a maximum of one minute.

- Through experimentation and discussion the children should find that the foot which is opposite to the throwing arm should be forward for achieving the longest distance.

N.B. No beanbag is retrieved until all of the children have thrown and the teacher gives the signal to collect the beanbags.

- Q** When you have finished throwing how do you get back to your place?
- R** The children walk back down the sides of the area and return to their place and line up again to repeat.

ORGANISATION

The children remain in lines of six to eight, standing behind a cone or marker.

Place a second marker of the **same colour** 10 metres away.

Place an beanbag or number at the back of each group to help the children to identify their position when returning.



Rearrange the cones. The children choose a partner. In pairs, they line up along the length of the hall or yard. Distribute a beanbag to the **Number 1** of each pair. Place a cone opposite each approximately five metres away.



Remove all equipment.

ACTIVITY

3 Running:

(a) Sprinting distance 10-20 metres

Step 1

Each line in turn practices the following:

- Each child now jogs from one marker to the marker opposite.
- Each child now runs from one marker to the marker opposite.

Step 2

Each line of children stands back from the marker. Revise the practice for a standing start.

On hearing:

- On your marks – walk to the marker.
- Set – crouch low by bending the knees.
- Go – run.

Repeat twice.

(b) Out and back relay

This time the children can hop, skip, jump, etc. to the cone.

On the word *go* from the teacher. **Number 1s** travel to the cone, travel around the cone and travel back to his/her partner. **Number 1s** pass the beanbag to **Number 2s** and sit down. **Number 2s** repeat the exercise and on returning sit down.

First pair back that is sitting down is the winning pair.

Repeat.

Vary this activity to suit the children.

Remember for hopping and bouncing activities, shorten the distance.



4 Cool down

Visit your cool down bank.

TEACHING POINTS

- The teacher calls *go* to start.

Q Where should we jog/run to?

- The emphasis is on jogging and running in a straight line from marker to marker.
- Encourage the children to look at the cone they are moving towards.

Q Why should we jog/run in a straight line?

R To avoid bumping into people.

- Repeat until most of the children can walk/jog/run to the correct marker without difficulty.
- Encourage the children to work their arms and to run lightly on the balls of the feet.
- Note the shorter distance for this activity.
- **Number 2** must not move over the line before receiving the beanbag. Insist that the children sit down on returning.

Q When you are running as a team with your friend remind me of some things you must do.

DEVELOPMENT

ORGANISATION

The children line up in pairs as shown:



Finish Line



Number 1s have the beanbag.

ACTIVITY

1 Throwing

Repeat the activity above and develop.
The children now explore the over arm throw



2 Sprinting: Reaction on the spot

The children adopt different starting positions.
Ask the children to think of fun ways to kneel, sit and stand, e.g.:

- sit with your legs straight,
- crouch down and touch the ground.etc.

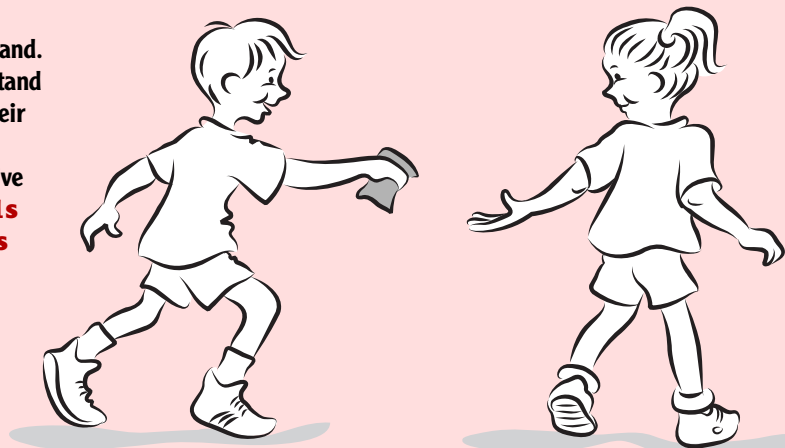
The teacher calls *Ready* then *Stand* and the children must move from that position to standing as quickly as possible. Encourage greater speed in these reaction starts.

3 Running – pair relay

Number 1s hold the beanbag in their right hand.
All of the **Number 2s** stand facing sideways, with their left arm outstretched towards partner to receive the beanbag. **Number 1s** run towards **Number 2s** and pass the beanbag.

Number 2s continue towards the finish line.

The children return to starting positions and switch roles.



TEACHING POINTS

- Q Did you practise sprinting at home?
- Q Who ran with you?
- Q Do you remember how to start a race?

- All of the **Number 2s** stand sideways.
- Keep the hand flat.
- On receiving the beanbag, hold tightly.
- Turn to run.
- Run in a straight line to the finish.
- Remind the children that only the second runner continues to the finish line.
- **Number 1s** stop running having passed the beanbag.