



Move up a level

PSSI Homepage

## Curriculum Objectives

### Strand Unit: Running

- Walk/jog in a non-competitive setting for extended periods:
  - develop an awareness of pace.
- Hurdling:
  - run over evenly spaced low hurdles;
  - identify the lead leg.

### Strand Unit: Throwing

- Develop a short approach plant and throw.

### Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of pace:
  - contrast the pace of two runners.
- Describe and discuss movement and ask and answer questions about it.

## Venue

- Hall/yard.

## Equipment

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

## Reference

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



## ORGANISATION

Set out a course for the children to run by scattering different coloured cones around the area.

Place the children in groups of four and choose one child as the leader.

Allocate a different colour to each group.

The children line up in groups of seven or eight as usual. Give a beanbag to each child. Lay out target markers.



Collect beanbags.

## ACTIVITY

**Warm up and stretching: Visit your warm up bank.**

### 1 Running for distance

The groups must follow the cones of the colour allocated to them while jogging at a steady pace.

Switch leaders regularly.

The leader must be alert to slow down or stop if another group is in their path.

Continue this activity for 60-90 seconds.

### 2 Throwing

Repeat throwing activity from Lesson 3.

Practice 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 group **A** throw the beanbag as far as possible, using cones as target distances.

Other groups repeat.

## TEACHING POINTS

- The child stands sideways to target – feet together.
- For right-handed throwers: step forward on left foot and throw, i.e. plant and throw.
- Reverse for left-handed throwers.
- Throw only when instructed.
- No child retrieves his/her beanbag until every child in the line has thrown. The children should try to beat the target on each successive attempt.

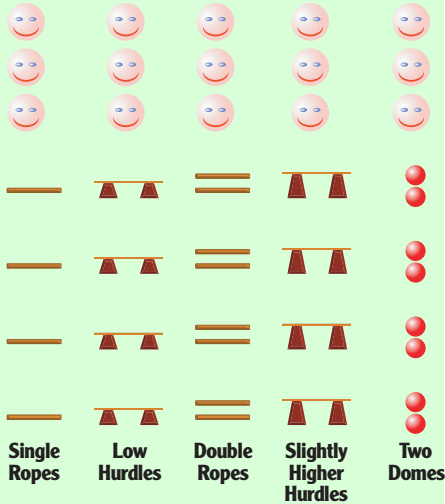
#### Remember:

- The child releases the beanbag when his/her arm is at its highest point.
- Only collect the bag when told.

**Q** What do you think would happen if you were late releasing the beanbag?

## ORGANISATION

Lay out equipment as follows:



Divide the children into five groups, each group lines up at a set of obstacles.

Remove Equipment.

## ACTIVITY

### 3 Running over hurdles

#### Step 1

Each group to run freely over the obstacles. Move groups around to sample all obstacles.

#### Step 2

Ask the children to work out which leg they prefer to use when jumping over the obstacles. Tell the children that this is known as the Lead Leg.

#### Step 3

Encourage the children to use that leg each time they go to jump over the obstacles.



### 4 Concluding activity

If time permits, finish with a playground game.

### 5 Cool down

Visit your cool down bank.

## TEACHING POINTS

- On completion of turn, each child walks back to join their group. No child may begin until the child in front is at the last obstacle.

- Q Do you feel comfortable using the same leg?
- Q Do you enjoy this running activity?

## DEVELOPMENT

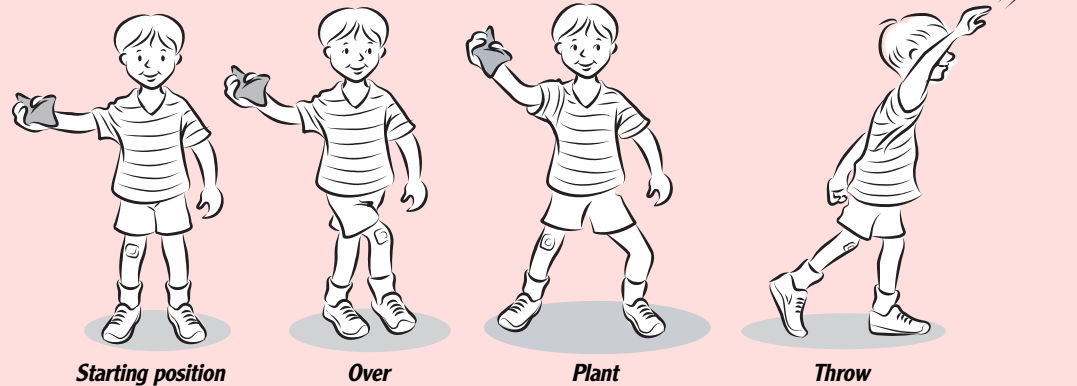
## ORGANISATION

## ACTIVITY

## TEACHING POINTS

**1 Throwing**

Revise over, plant and throw. The child should try to beat his/her record.

**2 Hurdling**

Space the obstacles to encourage the same number of steps between each jump.

**Remember:**

- The child releases the beanbag when the arm is at its highest point.
- No hurdle to be higher than 30 centimetres.