Curriculum Objectives

Strand Unit: Running
• Walk, jog and run over distance:
  • walk/jog in a non-competitive setting.
• Sprinting:
  • practise reaction sprints and standing start;
  • develop good acceleration and finishing technique.
• Relays:
  • practise baton change over technique in teams of four in a straight line.

Strand Unit: Throwing
• Practise an over-arm throw (javelin) from a standing position using a beanbag.
• Develop a short approach run.

Strand Unit: Understanding and appreciation of athletics
• Develop an understanding of pace.
• Develop an understanding of the rules of athletics:
  • rules for baton change over.
• Measure an achievement:
  • discuss the difference an approach run should make to the length of a throw.

Venue
• Yard.

Equipment
• Cones/domes, beanbags, relay batons and activity cards.
• Development activities: foam javelins.

Reference
• Buntús Cards: Throwing 1 – Clean the Playground; Throwing 3 – Throwing for Distance; Throwing 4 – Throwing Challenge.
## ACTIVITY

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

#### 1 Running over Distance: Continuous relay

**Number 1** runs to **Number 2**, who runs to **Number 3** and so on. The extra runner (**Number 7**) restarts lap two and runs to **Number 1**, who is standing where s/he handed over. Each team runs for three or four laps, or counts how many laps they can complete in a set time, e.g. five minutes. The teacher can opt to use a baton or a beanbag for the change over.

At each cone place an activity card which the children must do while waiting their turn to run again. For example, marching on the spot, jogging on the spot, scissor jumps, twisting jumps or shadow boxing.

#### 2 Sprinting

**a** Reaction sprints

- Two lines work in turn, **A** and **B**, and **C** and **D**. One child from line **A** is partnered with a child from line **B**. Similarly with lines **C** and **D**.
- Each child in line **A** chooses a fun starting position, e.g. sitting, standing with back to starting line, kneeling, curled up or a position appropriate to the playground. The children in line **B** adopt the same position.
- On a signal from the teacher, both lines rise and run to the **freedom line**.
- If the front child (Line **A**) reaches there without being tagged s/he earns a point. If s/he is tagged the child from line **B** earns a point.

**A** and **B** walk to the side and return to the starting position. Lines **C** and **D** run. On the next turn to run the lines switch roles.

**b** Formal standing start

On your marks, set, go. Each group sprints a distance of 20 metres in turn, using the formal standing start. Repeat three times (3x20m).

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.

**c** Acceleration and finishing technique

Each group now runs for 70 metres, with the emphasis on accelerating at 50 metres and going for a strong finish.
3 Throwing

Over-arm throw with a beanbag (javelin throw).

Shadow throw – the children are shadowing the teacher.

The teacher and children line up, standing sideways on with left shoulder facing the target (for right-handed throwers). Reverse stance for left-handed children.

Revise over, plant and throw.

Starting position

Over Plant Throw

Introduce a step

The teacher calls out the sequence: step, over, plant and throw.

Starting position

Step Over Plant Throw

Throwing with the beanbag

In turn each line steps forward and, on a signal from the teacher, throws the beanbag using the approach run.

N.B. Retrieve the beanbags only when the signal is given.

• Over-arm throw with a beanbag (javelin throw)
  • Begin with feet together.
  • Extend arm backwards.
  • Arm is bent to release imaginary beanbag.

• Over means to step across your body.

• No child should retrieve her/his beanbag until every child in the line has thrown.

• Once every child has thrown, collect the bags, move to the side and return to the starting area.

N.B. Retrieve the beanbags only when the signal is given.
Each vertical line now becomes a relay team. Four children are spread in a straight line in the space available, at least two metres between each line of children.

**ORGANISATION**

**ACTIVITY**

4  **Relays: Formal relay OR choose a fun relay**

**In fours**

**Step One**
- The baton starts with Number 1 in each team, in their right hand. Number 1 passes to the left hand of Number 2 who passes to the right hand of Number 3 who passes to the left hand of Number 4. Practice this walking.

**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 only.
  - Ensure that Number 1 and Number 4 also alternate positions.
- Repeat while jogging.

**Step Three: Introduce receiving the baton while moving.**
- Now the receiver is moving as the baton is passed.
- As Number 1 approaches Number 2 s/he calls hand.
- On hearing the call, Number 2 jogs with arm and hand outstretched, receiving the baton as s/he runs.

Repeat for changeover to Number 3 and Number 4, respectively.

5  **Cool down**

Visit your cool down bank.

**TEACHING POINTS**

- Remind Number 1 to hold the end of the baton and not the middle and to place only the tip of the baton into the receiver’s hand.

**Receiver**
- Keeps his/her hand flat.
- Forms a V between fingers and thumb. See illustration.
- Stretch receiving hand back palm upwards, with the thumb nearest the body.

**Q** How do you avoid crashing into your partner?

- Approaching runner should call the word *hand* clearly.
- Receiver should move forward slowly, remembering to keep arm and hand outstretched behind.
- Encourage the children not to move too soon and to look ahead.
- Remind Number 3 to receive and pass the baton in the right hand, Number 2 and Number 4 to receive and pass the baton with the left hand.
- Increase the distance between the runners as they become more confident with the changeover.
1 Javelin throw
Over-arm throw for distance
Repeat throwing activity above to develop the approach steps and to improve the throwing technique.
For the children who have mastered the footwork, introduce another element, for example:

over, step, over, plant and throw.
If available, introduce the use of foam javelins when throwing.

2 Relays
In fours using batons
Baton is passed from Number 1 to Number 2 and Number 3 to Number 4.
All relay activities are now carried out while running.
Develop and refine the changeover skills.

- Begin with feet together and slightly angled forward.
- Extend the arm backwards.
- Hold the javelin on the upturned palm of the hand with the fingers lightly grasping it.
- Remind the children to hold the baton at one end and to only give the tip of the baton to their partner.