



Move up a level

PSSI Homepage

Curriculum Objectives

Strand Unit: Running

- Jog/run over distance:
 - walk/jog in a non-competitive setting, change pace.
- Hurdling:
 - practise the technique of hurdling;
 - develop the lead leg and running three strides between the hurdles.

Strand Unit: Jumping

- Explore skipping activities individually and as part of a group.

Strand Unit: Throwing

- Begin to throw (put) a medium-sized ball or primary shot from a standing position.
- Begin to throw a quoit or primary discus.

Strand Unit: Understanding and appreciation of athletics

- Develop an understanding of pace:
 - change from walking to jogging.
- Describe and discuss movement:
 - discuss the effect of running three strides between each hurdle.

Venue

- Yard.

Equipment

- Olympic-sized handballs, hurdles, i.e. agility cones and canes, ropes, domes and skipping ropes.
- Development Activities: Quoits/primary discus.

Reference

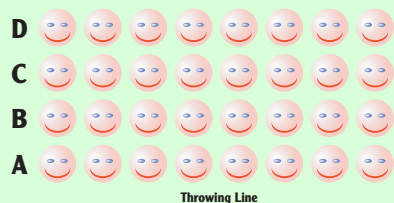
- Primary School Curriculum (1999) Physical Education, page 43.
- Buntús Card: Running for Speed 1 – Tick (Tag) Relay.



ORGANISATION

Divide the children into groups of eight.

Organise the children in lines as shown below.



Give each child/line a medium-sized ball (an Olympic-sized handball can be used).

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.

2 Throwing

Putting the shot

On a signal from the teacher, each line moves in turn to the throwing line and the ball is pushed using the standing putting action.

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



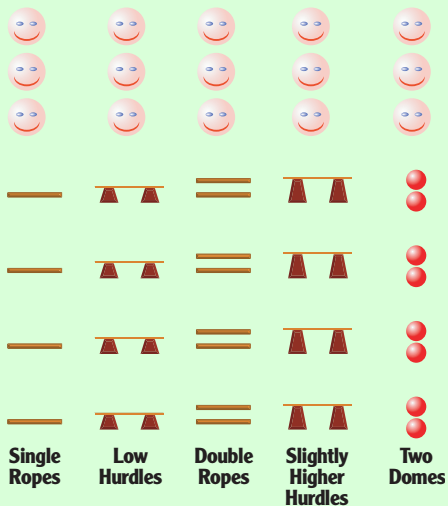
TEACHING POINTS

- The children must pass out on the right.
- The ball is held in the hand at the base of the fingers and placed just below the right ear:
 - Right elbow and upper arm are parallel to the ground;
- Face the direction of the throw.
 - 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.

ORGANISATION

Give each child, or pair of children, a skipping rope. The children spread out around the area.

Lay out equipment as follows, placing all obstacles with an even distance between them. This distance should allow a comfortable three-stride pattern.



The children must return to the beginning on the right

ACTIVITY

3 Jumping

Skipping activities

Ask the children to skip in as many different ways as they can.

4 Running over hurdles

Step 1: Revise running over hurdles/obstacles using the lead leg.

Step 2: Each child now jogs over the hurdles with an even stride pattern to develop a three stride pattern of hurdling, e.g. one two three over.

Step 3: Encourage the children to speed up as they become familiar and confident with the stride pattern.



5 Cool down

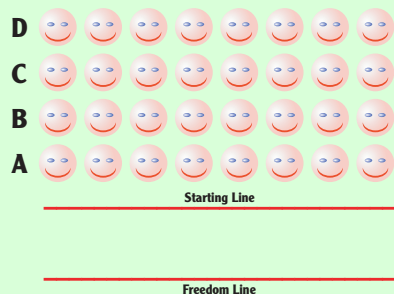
Visit your cool down bank.

TEACHING POINTS

- Look for two feet skipping, one foot skipping, a running skip or skipping with the rope going forwards and backwards.
- Pair skipping and skipping in groups.
- On completion of the course, each child walks back by the sides to join their group. No child may begin until the child in front is at the last obstacle.
- For children who have difficulty it can be useful to ask them to call out the pattern.
 - For a right lead leg: Left, right, left, and over.
 - For a left lead leg: Right, left, right and over.
- Keep all hurdles at a low level to promote the continuous striding pattern, i.e. striding over the hurdles not jumping.
- Move the groups constantly to ensure that everyone has a turn to use the formal hurdles.

DEVELOPMENT

ORGANISATION



The children are organised in lines as illustrated.

ACTIVITY

1 Throwing

Repeat the put, encouraging the children to improve on their technique or introduce the discus throw.

Discus Throw: (using a quoit or primary discus)

(a) Shadowing

- On the spot, the children stand shoulder sideways to the target with feet shoulder width apart.
- The children should swing the right hand behind, keeping the arm up and outstretched.
- Then swing the arm back to the front.

(b) Throwing the quoit

- In turn, each line moves forward to throw the quoit.
- The children stand with their shoulder sideways to the target with feet shoulder width apart.
- Swing the quoit to the right and behind, aiming to reach the target.

N.B. Quoits should be collected only when the signal is given.



2 Hurdling

Repeat above lesson.

Encourage the children to increase their speed.

Raise the level of one set of hurdles.

TEACHING POINTS

- Hold the quoit in the right hand with fingertips just overlapping rim, and fingers spread (see diagram).
- Make sure right toe is level with left heel.
- Swing quoit to the right and behind, keeping the arm up.
- Then swing the quoit back to the front by the left shoulder and release.
- Release the quoit as the hand passes the shoulder.

Q What happens if you are late releasing the quoit?