



Move up a level

PSSI Homepage

## Athletics

The lessons aim to ensure the easy management of classes by grouping activities which flow from one to another. It is helpful to follow the lesson as outlined as they have been developed to ensure the smooth transition from one activity to another and to provide a balance between running, jumping and throwing in any one lesson. It is essential to emphasise the importance of safe practice. While particular relay methods are used in these lessons, teachers with expertise in the area may wish to teach other methods.

### Tips for Athletics

- Ensure all activities match the fitness levels of the children.  
Modify them to match the fitness levels of the weaker child and to challenge the fitter child.
- In the throwing section only foam javelins are used in a class context.  
Bean bags are suggested where these are not available

It is important to strive for quality in all activities. An over emphasis on running in particular, leads to poor quality running e.g. it is best to repeat a small number of sprints to ensure that children develop real speed and good technique.

