

STRAND UNIT: THROWING

THROWING for ACCURACY

EQUIPMENT: 2 Target Mats
Beanbags
Space Markers

Lay out the target mats side by side

Divide into two groups

Place 2 space markers about 4m from each mat

Thrower stands between two space markers

Using underarm technique, throw 3 beanbags at target

Can you beat your own score?

Try with the other hand...

Can you beat your score using an over arm technique?



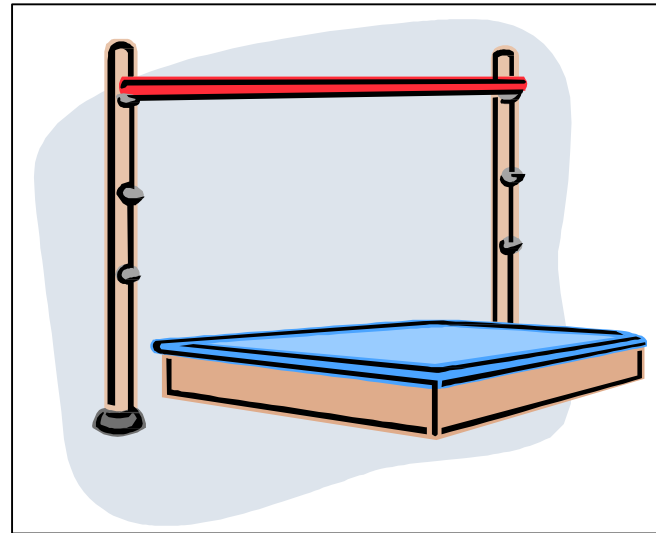
STRAND UNIT: JUMPING

HIGH JUMP

EQUIPMENT: Supports and horizontal bar
Mat
Space markers

SAFETY NOTE

Bar supports must face inward – parallel to horizontal bar



Set height of jump as required

Stand 3 STRIDES away

Approach at 45° angle

Use three stride approach . . .

if approaching from left, lead with right leg

if approaching from right, lead with left leg

Lean away from bar on approach

Use scissors technique

Lift knee of lead leg high

Ensure trail leg is lifted over bar (not dragged)

LAND ON FEET

STRAND UNIT: RUNNING

Form Running

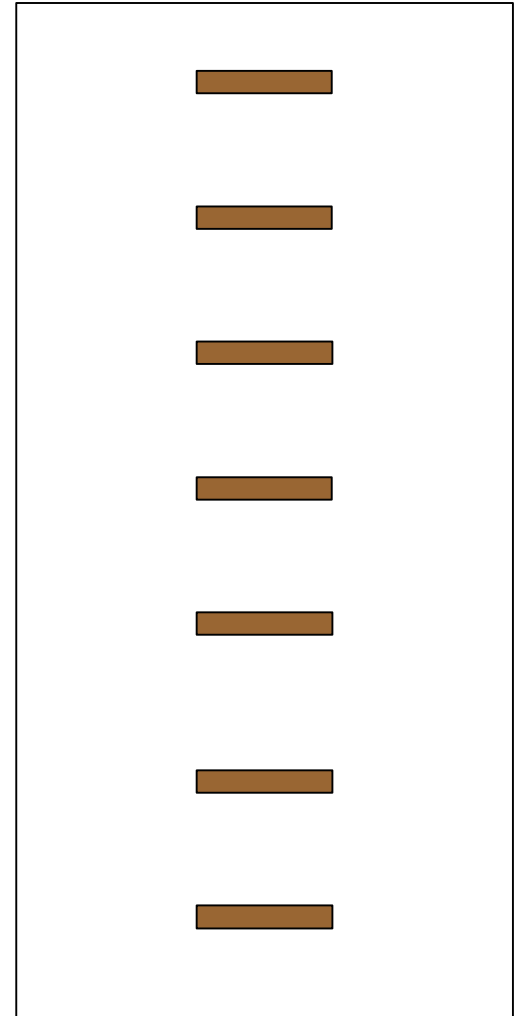
EQUIPMENT: Floor Strips

Lay out 7 strips a strip length apart.

- 1 **Singles**
Run over strips (one foot in each space).
- 2 **Doubles**
Run over strips (two steps in each space).
- 3 **Laterals**
Run sideways over the strips.
- 4 **Patterns**
Explore alternative ways of travelling through the spaces.

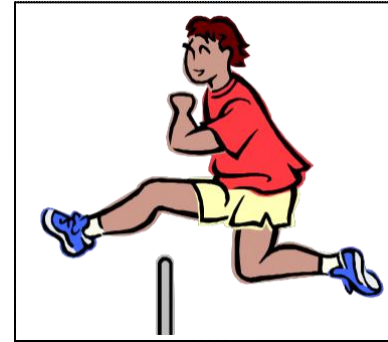
Teaching Points:
Run on balls of feet
High Knees
Pump Arms

For what class would this be suitable?



STRAND UNIT: RUNNING

HURDLES



EQUIPMENT: Supports and horizontal bars
Space markers

SAFETY NOTE

Ensure direction of hurdles allows the bar to fall easily if struck.

Running over evenly spaced hurdles

Set out 3 hurdles spaced at 4m intervals

Take three strides between hurdles.

Lead leg steps over the hurdle.

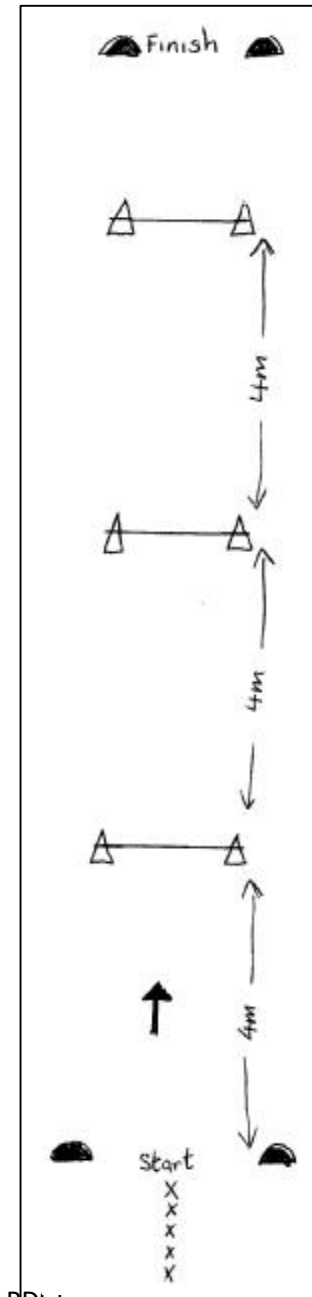
Try to lead with the same leg each time.

Raise the other knee for trail leg action.

Lean forward into hurdles, with opposite hand to lead leg.

Hurdling is not a jumping activity (head should not rise when clearing hurdle)

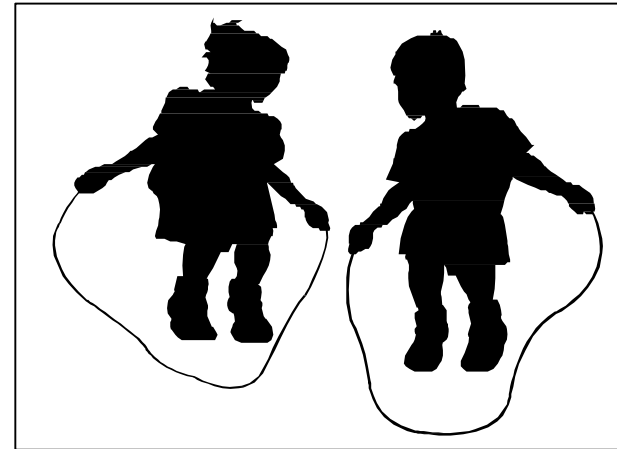
How will someone with a shorter stride ensure they have the same lead leg each time?



STRAND UNIT: JUMPING

EXPLORING SKIPPING

EQUIPMENT: 6 short skipping ropes
1 long skipping rope



Can you skip?. . . Here's how to learn!

- *Bounce on 2 feet*
- *Bounce over a line and back*
- *Now, using 2 hands, hold rope on the floor behind you*
- *Bring hands overhead to front and STEP over rope*
- *Increase speed until you can bounce over rope, and jump again before the rope comes around*

Individual Practice:

Find as many ways to skip as possible e.g. 2 feet to 2 feet, 1 foot to opposite foot etc.

Team Activity:

Use the longer rope to explore co-operative skipping games and activities

What skipping rhymes do you know?

Are there any rhymes specific to your locality?

These documents were originally compiled by team members of the previous support services that are