

Athletics

**An overview of strands and strategies
for the organisation of classes**



Warm-up

Playground games from PSSI lesson plans (Warm-up Bank), for example: Shipwreck, The Bean game.

Groups run round individual sets of coloured cones, which are spread through the hall.

for example: Group 1 follow red cones, Group 2 follow green etc.

Continuous Running: Duration times for each class level

Group 1	Infants	30- 90 secs
Group 2	First and second class	30 secs- 2 mins
Group 3	Third and Fourth class	30 sec- 3 mins
Group 5	Fifth and sixth class	30 sec- 5 mins

Activities

- Group 1 : Jog out the letters of their names for up to 90 secs.
- Group 2: Topic run for example: Run with a partner and name as many movie stars as you can whilst running , continue to run for 2 mins.
- Group 3: “Follow the Leader” in groups of 2’s or 3’s exploring various body actions for example: skipping, arms outstretched, bend and touch the ground wiyth left hand whilst moving.
- Group 4 : Running in 2’s or 3’s over low obstacles for up to 5 mins.

Adapting Activities and Classroom Organisation

Along this line of progression, there will be pupils with individual differences in the multi or mixed ability class.

Children are generally matched in similar ability groups for ease of observation.

When one group has finished their run they can continue their activity at a walking pace, whilst the more advanced groups finish their run.

Different lanes can be set up with the group who will finish first on the outside lane so as not to impede other groups of runners on the inside lane.

Children in wheelchairs have their own lanes and work on individual goals.

Sprints : Distances for each class level

Group 1	Infants	10 -20 metres
Group 2	First and second class	20 – 30m
Group 3	Third and Fourth class	30 – 60m
Group 5	Fifth and sixth class	50 – 70m

Activities

- Group 1: Standing start and reaction sprints.
Pair relay.
Hurdles- running over flat markers.
- Group 2: Pair relays.
Running over low hurdles that are evenly spaced.
- Group 3: Pair relays moving into groups of 4.
Developing lead leg, and 3 stride approach with hurdles.
- Group 4: Shuttle sprints- out and back.
Relay in 4s using baton. Hurdles evenly spaced and unevenly spaced.
Working on 3 stride and lead leg action.

These documents were originally compiled by team members of the previous support services that are now part of PDST.

Adapting Activities and Classroom Management

Children can be grouped according to ability.

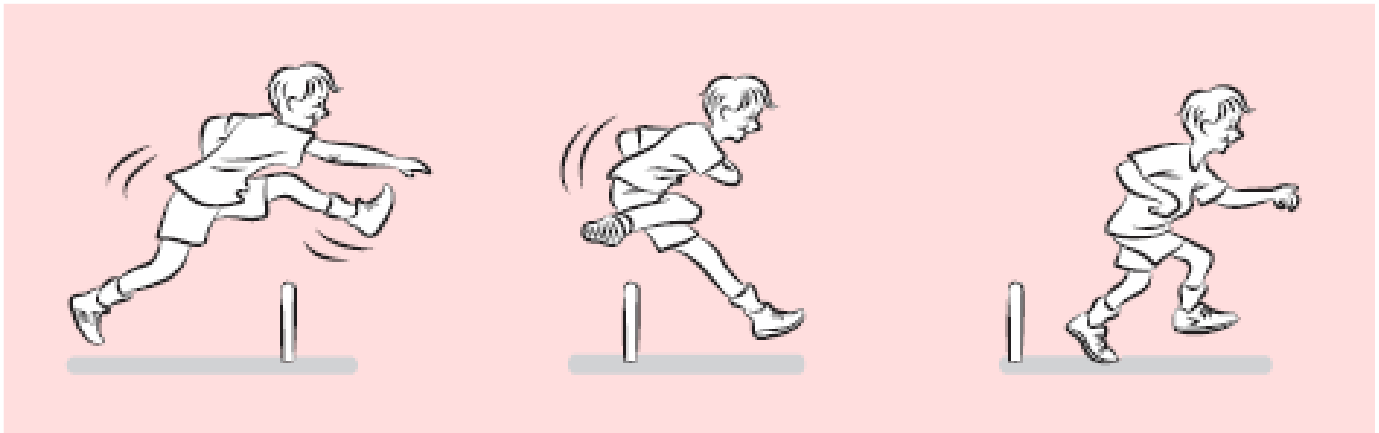
Most of the activities are organised in lanes with groups of different abilities. Look at increasing and decreasing distances, some groups are in lanes spaced out with cones up to 30m, other children in groups at lanes of 50m.

At times, some groups will work on relays in 4's while other groups continue with pair relays.

In shuttle sprints, younger and less able children continue to run through the shuttles.

More advanced groups will vary body actions between shuttle runs, for example: hop, skip etc to the cone and run back etc.

Children in wheelchairs may have their own lanes with the use of ramps to increase their challenge.



Strand Unit - Jumping

Group 1	Infants	Exploring jumps. Jumping for height and distance.
Group 2	First and second	Standing jump, short approach run. 3 strides and jump.
Group 3	Third and fourth	Standing jump, 3 or 5 stride approach to jump. Jump for height.
Group 5	Fifth and sixth	3,5,7 stride approach jumping for distance.

Activities

- Group 1: Skipping activities.
 - Exploring jumping, from 1 to 2 feet.
 - Jumping as if catching a ball.
 - Soft landing.
 - Jumping for height and distance.
- Group 2: Standing jump.
 - 3 steps approach run.
- Group 3: 3 or 5 stride approach run.
- Group 4: 3,5,7, stride approach.
 - Jumping for height over an obstacle 50- 60cm, -.scissors technique.

Adapting Activities and Classroom Management

Note: There will be times that older or more able children can mentor a younger or less able child. This can be achieved through a buddy system, or by a child modelling at a station for example: the 3 stride approach.

A station is a very useful way of organising multi and mixed ability classes for teaching the progression in jumps, for example: introducing the 3 or 5 stride approach.

One could be the teaching station, while other stations could include skipping activities; using hoops for jumps or other athletic activities, for example. shuttle runs or running over flat markers.

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Strand Unit - Throwing

Group 1	Infants	Underarm throw, exploring throws.
Group 2	First and second class	Underarm and overarm throw.
Group 3	Third and Fourth class	Overarm standing, 3 stride approach, quoit and discus.
Group 5	Fifth and sixth class	Overarm standing, 3, 5, & 7 stride approach, shot putt, discus throw.

Activities

- Group 1: Individual throws exploring height and distance.
Underarm throw into hoop using beanbag.
- Group 2: Underarm and overarm throw with bean bag for height and distance.
- Group 3: Overarm standing throw with beanbag, ball or foam javelin.
Also, using hoop, quoit and discus.
3 stride approach using bean bag and/or javelin.
- Group 4: Overarm standing using beanbag - 3,5,7 stride approach.
Putting technique using tennis ball, shot.
Discus throw using hoop, quoit and discus.

Adapting activities and classroom management

Foam athletics equipment is more suitable and safer for Primary Students.
These activities are best suited to a large space and preferably outdoors.

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Many of the throwing activities can be set up in lane formation as in the running strand, so while one group works on the overarm throw with the bean bag at one lane, another group progresses with the 3 stride approach with foam javelin in another lane.

To set challenges to encourage distance in the throw, place different coloured cones at various stages along the lane to represent different scores. e.g. if you throw past blue cone (5m) you earn 5 points, green (10m) 10 points etc.

Children in wheelchairs do seated throws, again with individual targets.

Cool Down

Light jog, down to a walk and then stand.

Deep breaths in and stretch tall.

Deep breath out, bending down and hanging head and arms loosely.

Check "Cool Down Bank", in PSSI lesson plans.

References

PSSI CD Rom

PE curriculum

PE Teacher guidelines