



Level 3 Activities

RUNNING

Reaction Rocket Races

Equipment Needed

Two jumpers or two t-shirts.

How to play

Lay out two jumpers ten metres apart in a playing area. Invite someone in your house to shout "GO". Get up and sprint from the following positions:

- Lying on your tummy
- Lying on your back
- Sitting on your bum
- Kneeling on the ground

Which one of these positions do you sprint the fastest from?



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



Level 3 Activities

RUNNING

Stamina Run

Equipment Needed

An open playing area, a stopwatch, a whistle.

How to play

Invite someone at home to run with you. Run at a pace that allows you both to run for five minutes without stopping.

While you run, discuss the following topics:

- Your favourite breakfast, lunch or dinner
- Your favourite movie, book or television programme
- Your favourite holiday, animal or musician



Adapted from  [Move Well Move Often - Book 3 Page 19](#)



Level 3 Activities

JUMPING

Triple Jump

Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.

How to play

To learn how to do the triple jump, practise the following steps:

1: Jog, take off on one foot, land on the same foot (this is called a hop).

Practise this several times.

2: Jog, take off on one foot and land on the other foot (this is called a step).

Practise several times.

3: From a standing position, do the hop, then the step and then a jump as far as you can. Try to link the 3 moves together without any pauses.

4: From a jogging start, do the hop, then the step and then the jump as far as you can.

5: Using a start line of rope or string, jog up to the line then begin the hop, step and jump. Mark your distance from the start line with your teddy or jumper and try to beat your score!



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L4 p.4](#)



Level 3 Activities

JUMPING

Hurdle Jump

Equipment Needed

Two chairs and a sweeping brush or mop.

How to play

Set up your hurdle by placing two chairs facing each other about one metre apart in the playing area.

Place the brush resting across the two chairs to make a bar to jump over. It should be at about knee height.

Practise jogging up to the bar and jumping over it. Take off from one foot and land on the other.

How many hurdle jumps can you do without knocking the bar?



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L3 pg.3](#)



Level 3 Activities

THROWING

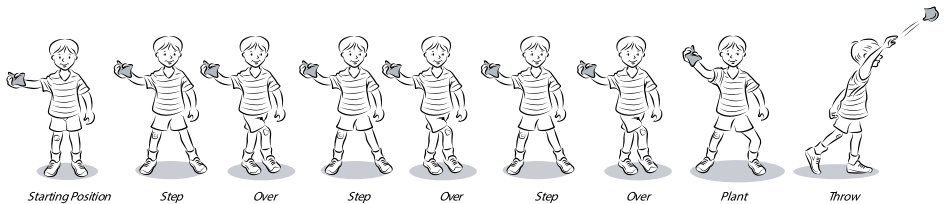
Run and Let Go

Equipment Needed

Something to throw such as a beanbag, a ball or a soft toy.
A piece of string, a scarf or a skipping rope to use as a throwing line.

How to play

In your playing area choose your start line. Place your throwing line five metres away.
Take a short, fast approach run and throw your ball as far as you can.
Walk to where your ball lands. Count your steps as you walk. Mark where your ball landed.
Try to improve your throwing distance each time.



Adapted from  [PSSI Lesson Plans - Athletics, 5th/6th Class Lesson 1 page 4](#)



Level 3 Activities

THROWING

Knock 'Em Down

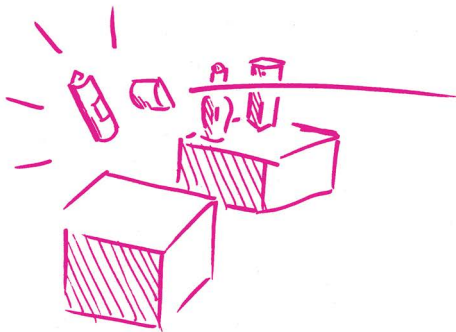
Equipment Needed

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.

How to play

Place the targets five metres away from you. Throw overarm from a standing position trying to knock down the targets.

To increase the challenge throw with your non-dominant arm or increase your distance from the targets.



Adapted from  [Beyond the Classroom - Throwing Video B](#)