

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Running
<b>Equipment Required:</b> Cones, hurdles, resistance parachute.	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Improve pupil's efficiency and control by developing running technique.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Pupils will move freely around the designated space, listening to instructions to move backwards, forwards, sideways and to skip, hop and jump. Stretches will incorporate both static and dynamic activities.	Ensure that pupils are aware of the importance of a warm up and the changes that occur to the body during the warm up. Discuss the function of the heart and how it pumps blood around the body, carrying oxygen.
10 mins	<b>Task 1:</b> "Follow the leader" Ask pupils to get into pairs and they will play a game of follow the leader. The leader challenges their partner by showing changes of speed and a variety of ways of moving. Set out mini hurdles so that pupil's can vary their movements.	Ensure that pupils are changing direction and pace. Aim to use all of the space and explore different speeds. Allow pupils to discover ways of increasing speed for themselves and show the group different ideas.
10 mins	<b>Task 2:</b> Ask pupils to attempt to run without using their arms. How does this alter their speed? Using cones to mark out the area pupils will jog then sprint alternately, using the jog period as a rest. How does this affect heart rate?	Emphasise the importance of the use of the arms when running and how this changes during the sprint. How does the heart work differently during the sprints?
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils how their different ways of running affected their heart rates.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember some of the stretches from the warm up.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Running/agility
<b>Equipment Required:</b> Cones, hurdles, resistance parachute, ladders	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Improve pupil's efficiency and agility for running.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Pupils will move freely around the designated space, listening to instructions to move backwards, forwards, sideways and to skip, hop and jump. Stretches will incorporate both static and dynamic activities.	Recap from last week. Discuss the importance of using your arms for an efficient running technique. See if pupils can name some of the muscles.
10 mins	<b>Task 1:</b> In small groups, pupils will be introduced to the agility ladders. Work on single steps in each ladder then progress to double steps within each ladder. Encourage pupils to discover their own ways of moving through the ladders.	Ensure that pupils are bringing their knees high and using their arms to move them forwards. Make sure only one person is in the ladders at a time.
10 mins	<b>Task 2:</b> In small groups again, pupils will move through the ladders then as soon as they've reached the end they will sprints to a cone showing a change of pace.	Rather than stopping quickly, encourage pupils to sprint past the cone and then gradually decrease speed to a jog and then a walk. This exercise will help to develop both speed and agility.
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss what pace means and when they changed pace during the exercise.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember some of the stretches from the warm up.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Jumping
<b>Equipment Required:</b> Cones, tape measure	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Develop an understanding of how to jump safely and efficiently using various techniques.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Pupils will move freely around the designated space, listening to instructions to move backwards, forwards, sideways and to skip, hop and jump. Stretches will incorporate both static and dynamic activities.	Discuss the lesson plan and objectives. Ask pupils how they think they could improve the way they jump and land, improving height, distance and balance.
10 mins	<b>Task 1:</b> Pupils will practice a series of different jumps. One foot to the other (step), two feet to two feet, one foot to the same foot (hop), one foot to two feet, two feet to one foot and then linking jumps together.	Discuss the importance of bending you knees and rolling onto the balls of the feet to extend the legs and push up. Pupils must also use their arms to create a good jumping technique.
10 mins	<b>Task 2:</b> In small groups again, pupils will move through various stations. Each station will challenge their jumping. Stations will include a standing jump, a running jump, how many jumps over 10m, and jumping to a series of different markers on the ground.	Ensure that technique is efficient and safe. Challenge pupils to improve distances and techniques. Allow pupils to have a few attempts on each station.
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss what pace means and when they changed pace during the exercise.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can explain different techniques when jumping.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Throwing
<b>Equipment Required:</b> Tennis balls, bean bags, hoops.	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Develop an understanding of how to throw safely and efficiently using various techniques.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Pupils will move freely around the designated space, listening to instructions to move backwards, forwards, sideways and to skip, hop and jump. Finishes with a game of Buzz Lightyear, pupils have different moves for different characters.	More emphasis will be placed on ensuring that the arms are warmed up and stretched sufficiently. Explain the objectives of the lesson and the outcomes.
10 mins	<b>Task 1:</b> Pupils will work with a partner and practice a variety of throwing action sand with each hand. There will be one bean bag and one hoop between each pair. They will take it in turns throwing the bean bag through the hoop.	Ensure that pupils have the information needed to create the correct throwing technique and when to release the bean bag. Have a height limit to ensure safety boundaries are in place.
10 mins	<b>Task 2:</b> Throwing stations. Each station will challenge the pupil's ability to throw accurately or far. Throwing activities will include; landing on the moon (aim at a hoop 5 meters away) Bean bag golf (set out a course with markers, how many throws it takes to reach target).	For each activity, pupils need to maintain good technique and follow safety guidelines. Use cones to mark out boundaries and ensure that pupils are taking it in turns to throw.
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss the techniques when throwing accurately.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember any of the muscles in the arms.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Throwing
<b>Equipment Required:</b> Cones, tennis balls, tape measure.	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Develop an understanding of how to throw with distance and accuracy.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Pupils will move freely around the designated space, listening to instructions to move backwards, forwards, sideways and to skip, hop and jump. Finishes with a game of Mr. Men, pupils have different movements for different characters.	More emphasis will be placed on ensuring that the arms are warmed up and stretched sufficiently. Explain the objectives of the lesson and the outcomes. Explain the safety measures needed when throwing for distance.
10 mins	<b>Task 1:</b> Pupils will work with a partner and practice throwing and catching techniques. Tennis balls can be used after the pupils have competently used the bean bags.	Encourage stepping forwards and pointing to a target. For catching, spread fingers out and make a 'w' shape with hands. Use bean bags and tennis balls for more advanced pupils.
10 mins	<b>Task 2:</b> Set out markers with cones and give each group an area to work in safely. One at a time, pupils will aim to throw as far as they can, using an over arm throw if possible. Each thrower gets three attempts and their furthest throw is measured and recorded.	For each activity, pupils need to maintain good technique and follow safety guidelines. Use cones to mark out boundaries and ensure that pupils are taking it in turns to throw.
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss the techniques when throwing for distance.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember any of the muscles in the arms.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Throwing
<b>Equipment Required:</b> Cones, tennis balls, tape measure, foam javelins.	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Develop an understanding of how to throw with distance and accuracy, introducing the foam javelins.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Pupils will move freely around the designated space, listening to instructions to move backwards, forwards, sideways and to skip, hop and jump. Finishes with a game of treasure island.	More emphasis will be placed on ensuring that the arms are warmed up and stretched sufficiently. Explain the objectives of the lesson and the outcomes. Explain the safety measures needed when using the foam javelins.
10 mins	<b>Task 1:</b> Pupils will work with a partner and practice throwing for distance with the tennis ball, using an over arm throw. If the ball is caught successfully then the thrower moves back one pace. If the ball is dropped then the thrower takes a step forwards.	Encourage stepping forwards and pointing to a target. For catching, spread fingers out and make a 'w' shape with hands. Use tennis balls and encourage the over arm throw.
10 mins	<b>Task 2:</b> Set out markers with cones and give each group an area to work in safely. Explain the correct technique used to throw the foam javelin and set out the safety guidelines. Allow pupils to have three attempts each at throwing the javelin, making sure they take it in turns.	For each activity, pupils need to maintain good technique and follow safety guidelines. Use cones to mark out boundaries and ensure that pupils are taking it in turns to throw. Javelins should be collected after the last person has thrown.
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss the techniques when throwing the javelin.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember any of the muscles in the arms.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Mini Olympics
<b>Equipment Required:</b> Cones, hurdles, ladders.	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Mini Olympics. Create a circuit to incorporate all aspects covered in previous lessons.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<p style="text-align: center;"><b>Warm-up.</b></p> <p>Allow pupils to be leaders within their group and take on the responsibility of certain aspects of the warm up. Pupil-led warm up will allow groups to investigate their own ideas and understanding from previous lessons.</p>	Provide groups with guidance and ensure they have an understanding of how to warm up safely and effectively.
20 mins	<p><b>Task 1:</b></p> <p>Pupils will be in small groups and work on different activities including ladders, hurdles, sprints, jumping and distance running. Each group will take part in the different activities and will record their results.</p> <p>The mini Olympics will have different athletics stations aimed at agility, speed and endurance. For the standing long jump, provide markers so that pupils are able to record how far they've jumped and how they can improve their distance next time.</p> <p>For the ladders station, ensure that pupils are taking it in turns and using the correct technique.</p>	<p>Ensure that pupils are given an equal amount of time on each activity. Record results for each station and collect at the end of the lesson.</p> <p>Explain exactly what is expected from each station and recap on the techniques involved for each one.</p> <p>Set up the circuit so that pupils have enough time to have a go at each activity.</p>
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss the techniques used within the circuit.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember any of the muscles in the arms and legs.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		

### Guilden Sutton Primary School Athletics Lesson Plan KS1

<b>Date:</b>	<b>Venue:</b> Guilden Sutton	<b>Lesson Theme:</b> Mini Olympics
<b>Equipment Required:</b> Cones, hurdles, javelins, tennis balls and bean bags.	<b>Subject:</b> Athletics	<b>Year:</b> 1/2
<b>Goals/Objectives/Aims:</b> Mini Olympics week 2 Create a circuit to incorporate all aspects covered in previous lessons.		
<b>Time:</b>	<b>Organisation/Presentation:</b>	<b>Resources/Points:</b>
5-10 mins	<b>Warm-up.</b> Allow pupils to be leaders within their group and take on the responsibility of certain aspects of the warm up. Pupil-led warm up will allow groups to investigate their own ideas and understanding fro previous lessons.	Provide groups with guidance and ensure they have an understanding of how to warm up safely and effectively.
20 mins	<b>Task 1:</b> Pupils will be in small groups and work on different activities including large hurdles, tennis ball throw, bean bag accuracy throw and javelin throw. Keeping the same groups from the previous week, travel from each station and record results for each team. Use markers to measure tennis ball throw and javelin and have a pints system to record the results of the bean bag accuracy throw. Add up all points at the end and add them onto the points from the previous week.	Ensure that pupils are given an equal amount of time on each activity. Record results for each station and collect at the end of the lesson. Explain exactly what is expected from each station and recap on the techniques involved for each one. Set up the circuit so that pupils have enough time to have a go at each activity.
5 mins	If pupils are confident and would like to demonstrate some their ideas, allow them to discuss with the rest of the class.	Provided positive and constructive feedback and ask pupils to discuss the techniques used within the circuit.
5 mins	<b>Warm-Down:</b> Gentle jog and stretches allowing the heart rate to decrease gradually.	See if pupils can remember any of the muscles in the arms and legs.
<b>Plenary:</b> Discuss the importance of the cool down and the physiological occurrences during exercise and then a cool down.		
<b>Assessment:</b> Observation during lessons. Pupils not taking part can evaluate their peers. Discuss the aims and objectives for the following session and try to give aims for individual pupils.		