

Y1 Athletics Lesson 1

Whole child learning outcomes

Head: I can explain what we mean by 'sprinting'

Hand: I am able to sprint over varied distances

Heart: I can work as a part of a team to complete races

Warm up: Gears

- Pupils are to stand in a space in the activity area
- You are to call a number 1 to 5
- Each gear from 1-5 are different speeds for the pupils to run at, for example:
 - 1st gear: Walking
 - 2nd gear: faster walking
 - 3rd gear: jogging
 - 4th gear: faster run
 - 5th gear: sprinting
- As you call a gear pupils are to react and travel at the relevant speed

Adapt using STEP

Task

Different gears can mean different movements i.e. 1 = skipping, 2 = jumping etc.



Equipment needed

- Cones

Key vocabulary

- Sprint
- Reactions

Wider curriculum

Maths

- Counting through our gears



Y1 Athletics Lesson 1

Starter: Running lines

Activity set up

- Set out 4 lines at varied distances (start line and three end lines)
- Split pupils into pairs or small groups on the start line

Complete the activity

- Pupils are to practice walking to the first start line and back (repeat on each end line)
- Pupils are then to jog to each line and run to each line (exploring the difference of speeds when running)

Question

- What gears do we think we need to use for each distance?
- Will the gear vary depending on the distance?

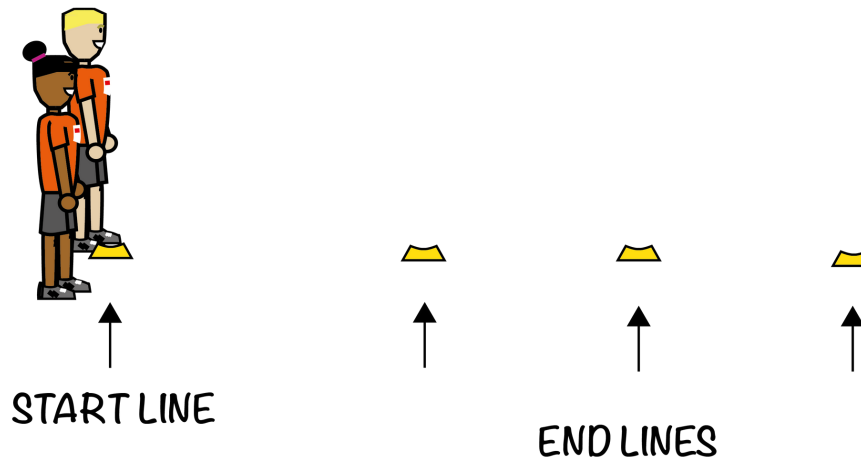
Adapt using STEP

Space

- Increase/reduce the distances of the lines

Teaching points: How to run

- We want to encourage pupils to run using 'hips to lips' with their hands
- This means our hands and arms move in a straight line forwards and backwards with our hands moving from our hips to our lips
- The faster our arms move, the faster our legs go!





Y1 Athletics Lesson 1

Learn the skill: One banana, two banana

Activity set up

- Pupils are to work in pairs or threes
- One pupil is the timer, keep rotating roles

Complete the activity

- As their partner runs, the timer is to count 'one banana, 2 banana etc'
- Pupils are to start on the shortest distance line, trying to beat their fastest time
- They can progress to the next line on your instruction

Progression: Longer distance

- To finish you can challenge pupils to run to **every** line for time
- How does this feel compared to a shorter distance race?
- Can pupils explain how their body is reacting?

Adapt using STEP

Space

- Increase/reduce the distances of the lines

People

- In groups of 3? Timer, runner and 'coach'!

Teaching points: First hit counts!

- If your ball hits two cones, only turn the first cone hit!

"1 BANANA,
2 BANANA..."





Y1 Athletics Lesson 1

Use the skill: Team relays

Activity set up

- Split the class into teams that match the number of finish lines, for example if you have three end lines then split the class into groups of three

Complete the activity

- Pupils are to perform a team relay race
- In their teams they are each to choose a line to run to
 - First pupil runs to line 1 and back
 - Second runs to line 2 and back
 - Third runs to line 3 and back to finish
- Change finish line roles and race again!

Progression: Longer distance race

- Each pupil is to run to all three lines before their teammate sets off

Adapt using STEP

Task

- See progression

Teaching points: What is a relay?

- A relay is a team race in which one person runs at a time, normally passing a 'baton' between each other to let their teammate start
- The first team to finish the race wins!

