



YEAR 6

Athletics

Lesson 1

Learning Objective

To work collaboratively with a partner to set a steady pace.

Success Criteria

- Run at a pace that you can maintain.
- Select and apply the best pace for the running event.
- Steady your breathing by breathing in through your nose and out through your mouth.
- Vary your stride length to match someone else's pace.

Whole Child Objectives

Social: To work collaboratively and communicate with my partner.

Emotional: To show perseverance to complete a six minute run.

Thinking: To understand the importance of preparing the body for exercise.

Equipment

- Cones x 15
- Stop watch x 1

10 Mins Warm up and introduction

Progressive Jog:

Pupils begin on one side of the space. One pupil to be the pace setter. Pupils jog from one side of the space to the other continuously. They must match the pace of the pace setter who begins at about 40% of their maximum. After approx. four repetitions, ask them to increase their speed to 50% of their max, then 60% and finally finishing on 80% of their maximum.

Try to run at an even speed each progression. Try to stay in time with each other.

Make this easier by splitting the class into two rows of runners with differentiated ability.

Teacher note: it would be best to select your middle ability or even lower ability pupil to be the pace setter.

Stretches:

Pupils to suggest stretches to complete. Q: Why is it important to stretch? What muscles do you think need to be stretched to prepare for a running event? A: *stretching prepares the body for exercise and helps to prevent injury. Muscle groups often used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps).*

30 Mins Skill Development

Set your pace:

In pairs, pupils begin one behind the other, behind a cone placed randomly within the area. Pupils jog around the area and return, as a pair, to their cone in exactly 15 seconds. Then increase to 30 seconds and then to one minute. Give the pupils time in between each run to discuss the effectiveness of their pace.

Work together to help set an appropriate pace.

Make this easier by giving the pupils a time update every 5 seconds.

Double the distance:

(A) In their pairs, ask the pupils to place their cone around the perimeter of the teaching space. They will run with their partner continuously around the perimeter of the track for 4 minutes. Each time they pass their cone they count another lap.

Remind the pupils that this is a controlled run and so should be done at a steady pace.



(B) Give the pupils time to rest and explain to them that they will now run for half the time (2 minutes) but must attempt to complete the same number of laps. After the event, ask the pupils to discuss with their partner if they achieved this and how they did it or how they could improve.

Be aware of how quickly you need to be running throughout the time.

Make this easier by calling out the time every 30 secs.

6 minute run:

Working individually now, pupils run over three times the duration that they have just run (6 minutes) and must be able to run at least double the distance they have just completed. Allow them time to work this out and then set them off. Discuss different ways that they could approach this e.g. fast to begin and slow to finish, slow start and fast finish, constant pace throughout.

Discuss how running for long periods of time will make them feel both physically and mentally. Talk to the pupils about the importance of persevering and being determined when things get hard.

Steady your breathing, breathing in through your nose and out through your mouth. Encourage the pupils to keep running throughout the 6 minutes and praise those pupils who persevere.

Make this easier by having a 30 second walking break every 2 minutes.

Discuss which approach pupils took in their 6 minute run and whether or not it was successful. How did you come to a decision with your partner on how you would approach this? What did you do to help to maintain a steady pace? What did it feel like to persevere and complete the challenge? How did you prepare your body for exercise and what might of happened if you didn't prepare?