

Session 2

Athletics – relay changes

Age:

KS2

Learning Objective / Skill: To develop how to effectively transfer a running baton.

All: I can pass the baton to a team mate whilst both moving

Most: I understand why we hold the baton a certain way

Some: I can organise a team to pass right left right left to improve speed.

Equipment

Batons

Bibs

Cones

Balls

Bean bags

Time: 50 minutes

Space:

Indoor or outdoor

Warm Up Activity:

Aim of Activity:

Improve reactions and to increase heart rate.

Organisation

Time: 10 minutes

Get into 6 to 8 different groups, lined up, hoops placed 20m away.

RECAP from last week: Sprinting coaching points: Arms/legs co-ordinate, head still, run on toes

1. Ask pupils, 1 at a time, to sprint out to the hoop, perform 5 star jumps, then sprint back and tag the next person in the line – this is NOT a race!

2. Give a bean bag to each group. This time, first person runs to hoop and places the bean bag down into it, sprints back, tags the next person who sprints to collect the bean bag, sprints back and gives it (not throws it!) to the next person – repeat. This is NOT a race. This is designed to encourage passing and placing an object.



Skill Session

Aim of Activity

To pass equipment from one person to the next without dropping it!

Organisation

Time: 20 minutes

Activity 1:

Pass control:

Have the children lined up in their teams.

They will pass the bean bag left to right down the line

Once it reaches the back person, they run to the front, everyone takes a step back, this will continue until it goes back around to the start. The winner will be the first team to complete it and to be sat in a straight line.

Activity 1:

Simplification:

Have smaller groups. Make the passing exercise simpler.

Progression:

This time the bean bag must be passed over their heads.
Then through their legs
Then over then under.

Emphasise the importance of not dropping the bean bag/ball and the importance of communication.

Activity 2:

Space the children out 5m apart and number them 1-5

Introduce the baton.

1 starts to move and passes to 2. 2 pass to 3. 3 to 4. 4 to 5 who then runs up and around the cone. 5 then passes back to 4 and the batten is passed back down the line.



Ensure that the receiver of the baton is

Teaching points:

- Receiver: **look over shoulder, arm stretched out, hand facing up**
- Runner: The baton needs to be firmly placed down into the receivers hand

Now get pupils to pass right hand to left, left to right, right to left etc. – make sure they communicate with their team so they know which hand to hold out to receive the baton.

Teaching Point: you must hold the baton towards the bottom of the baton so the top can be grabbed by the next runner (because their hand is facing up, when they receive it and start running, their hand will be at the bottom!)

Encourage them to do it fast as they can.

Activity 2:

Simplification:

Do at walking pace.

Progression:

Increase pace.

Main Session

Aim of Activity:

To use the techniques used to effectively transfer the baton.

Organisation

Time: 20 minutes

Mark out a large circle or square, this will be the track.

Number 1 will start and travel around the track. As soon as they leave number 2 will be waiting in their place to receive the baton upon their return. And so on.

Which team can get all their members around first?

Simplification:

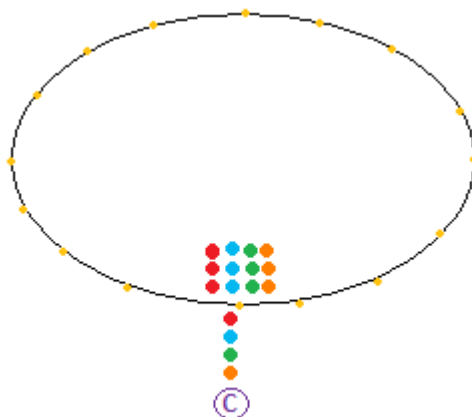
Make track smaller. Ensure the change over takes place at a slow speed or even when both pupils are stationary.

Progression:

Can they pass the baton on the

Do not drop the baton!

Reinforce coaching points, not only for the exchange, but also for sprinting used in the previous week.



move?

Key Language

Pass Change over Firm Grip Communicate Look back Get Ready Hand up Sprint

Cool Down and Pleanary

Aim of Activity:

Recap on things learnt

Organisation

Time: 5 minutes

Jog around the track once and sit down:

Key Questions:

- What do I need to remember when it's my turn to grab the baton?
- Why is it better to get the baton whilst moving?
- Why do I hold the baton at the bottom?
- Give me 2 stars and a wish for someone's changeover – pick a pair
- Encourage literacy used in this lesson

Safety Considerations

Leave enough space between groups.

Ensure all sporting and non-sporting equipment is clear or sorted away from the performing area.