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| Date: 01/05/18 | | **Name(s): Vicki Bear and Beatrice and Scarlet** | | **Equipment/resources:** bean bags (X15), rounds spots (X16), small hula hoops. | | | **Risk Assessment**  *(tick box if completed)* | */* |
| Time: 45 minutes | | **Session Title: Athletics** | | **Session Objectives:**  All: Will be able to jump with both feet onto a spot  Most: Will be able to jump from spot to spot, jumping from one foot rather than two.  Some: Will be able to successfully jump from one foot to two and being able to increase the distance of their jump each time and improving their technique each time. (Jumping for Distance) | | | | |
| No. in Group: 6-8 | | **Venue: Sports field/hall** | |
| **TIME** | TASK/ACTIVITY **What are the participants going to be doing** | | ORGANISATION & MANAGEMENT **Include diagrams, organisational points, equipment** | | **TECHNICAL**  **INFORMATION**  **Questions & coaching points** | **VARIATIONS, OPTIONS & PROGRESSIONS** | | |
| 3 minutes  10 minutes  10 minutes  20 minutes  10 minutes  3 minutes | Introduction  Speed and teamwork warm up:  Activity One: Jumping  Activity 2: Jumping for Distance  Recap | | Take a couple of minutes to introduce ourselves and in summary explain what todays session will have in it.  Warm up game: the class will be divided into two teams and told to go on opposite sides of the hall. On the centre line we will place an odd number of bean bags and a box at each end of the hall (as their goal). On “go” children run to the centre, grab a bean bag (only one at a time allowed) and take it back to put in their team’s box. Run back and do it again. Once all the bean bags are in goals the children count how many they have. The team with the most wins.  The children will see different spots on the floor, they will be asked to jump off both feet onto another spot around the court. After 2 minutes the children will choose a foot and then jump off one foot to the next spot. They will have to look out for other children, so they don’t bump into each other. Below is a simple diagram of how it will be set out:    To start the main part of the activity, I will be concentrating on jumping part of athletics. To start off, I will get the children to jump off both feet, starting low to jumping to a high as they can. I will get the children to hop on one foot, this will enable the children to figure out which foot they feel most comfortable jumping off. They will hop across to the marked area, then on the way back hopping on the opposite foot on the way back. Once the children have figured out which foot is their strongest, they will be placed on a spot and told to jump as far as they can from that spot on their strongest foot. A spot will be placed where the children manage to jump to, and they will try and progress to jump further each time. After 10 minutes of this, I will evaluate how the children are getting on and see if the children may benefit/will be able to do a little run up before they jump, therefore bring more of a long jump in athletics into their session.  (PLAN B: To finish off a very active session with a 5-minute reaction game. Children get into groups of 2 or 3 with a bean bag. The ball is placed in the middle of a group with one at one end and one at the other. We shout commands to the children which they follow e.g. touch your head, touch your toes, jump on one foot etc. As soon as we shout "GO", the children need to hop with their chosen foot to the bean bag and grab the bean bag as quick as they can. The person who gets the ball first wins.)  Ask if they enjoyed the session and ask whether they feel like they've learnt something or improved at what they were already able to do. Which parts did they enjoy? | | Questions: how did the children decide which bean bag to go to?  Questions: ask the children what they believe may be making it harder for them to jump further.  Coaching points: make sure towards the end the children bring both feet together for the landing to better balance of landing.  Coaching points: kinetic change – the connection between the swing of the arms and the flex of the leg you are using. | Progression: harder each time for the children as they need to figure out which bean bag to go for each time as they start disappearing, therefore decision-making becomes harder.  Progression: within the jumping, the progression will be from jumping from standing to making a small run up to then jumping. | | |