

Year 2 – Athletics – Lesson 2 – Distance Running

Learning objective:

- To demonstrate a degree of balance control (all).
- To be able to change speed and maintain effective balance (most).
- To complete a longer distance run (all).
- To demonstrate good sprint technique when running (some)

Lesson Structure

Introduction/ warm-up (Connection and Activation)	With timings	Differentiation (Extension/Support)
<p><b>Cat &amp; Mouse</b></p> <p>Get players into pairs. 1 pair starts the game - 1 = cat and 1 = mouse Cat has to try and catch the mouse. Mouse can link on to another pair at any point – the person they link onto their partner then becomes the mouse. If cat catches the mouse roles reverse.</p>	<p>10 Minutes</p>	<p><b>Support:</b></p> <ul style="list-style-type: none"> <li>• Swap roles every 1-2 minutes if they haven't already.</li> <li>• Show examples of how you can dodge/feint, and change directions quickly,</li> </ul> <p><b>Extend:</b></p> <ul style="list-style-type: none"> <li>• Cat must now chase the mouse around a hoop or four cones set up in a square/circle.</li> </ul>
Main (Development/ Application)	With timings	Differentiation (Extension/Support)
<p><b>Development: Trains:</b></p> <ul style="list-style-type: none"> <li>• Groups of 5 (matched on ability)</li> <li>• Person at the front leads the train jogging at even pace.</li> <li>• On whistle child at the back sprints to the front</li> <li>• Once at the front the then control the pace</li> <li>• Ensure everyone has several turns at sprinting to the front of the train.</li> </ul>	<p>15 Minutes</p>	<p><b>Support:</b></p> <ul style="list-style-type: none"> <li>• <i>How can we make sure we are following the leader?</i></li> <li>• <i>Why do we need to go at an even pace? What does that mean?</i></li> </ul> <ul style="list-style-type: none"> <li>• <b>Recap</b> - Demonstrate running technique – driving arms (not swinging) forwards and backwards, lifting knees to hip height, looking forwards, run tall. Speak about the importance of lifting your knees whilst running, taking longer and bigger strides to gain speed.</li> </ul>

