

Year 4 -Athletics- Mini Olympics

Learning objective: Compete in a range of athletic activities

- To take part in all mini Olympic activities (all).
- To draw on all the skills/techniques we have learnt in athletics for the activities (most).
- To challenge ability in all events (some)

Lesson Structure

Introduction/ warm-up (Connection and Activation)	With timings	Differentiation (Extension/Support)
<p>Froggy Froggy - 2-3 children play the Frogs in the middle of the area. The rest of the group line up on the edge of the box. To get a point, players must get to the opposite side without being tagged.</p>	10 Minutes	<p>Extend:</p> <ul style="list-style-type: none"> • Change the way of travelling across/ add more frogs
Main (Development/ Application)	With timings	Differentiation (Extension/Support)
<p>Olympic theme - Make all events competitive and record all results Sprints. Split the group into teams of 4-6. The 1st person from each heat will run in the final. Task = to sprint 60m as fast as possible.</p> <p>Throws - Throwing a Javelin for distance. Everyone gets three throws – add up points scored in each of the throws. ● Red = 1 ● Blue = 2 ● Green = 3 ● + Green = 4</p>	<p>10/15 Minutes</p> <p>10 Minutes</p>	

<p>Standing Long Jump -</p> <p>Stand feet comfortable distance apart. Arms up in the air out in from. Jump as far as you can forwards and land on 2 feet – steady. Jump will be measured from the back of your heels.</p> <p>Distance Run -</p> <p>Start with toes behind the line. When the whistle blows run 2-3 laps (football pitch, field, playground). Keeping to outside of cones.</p>	<p>10 Minutes</p> <p>10 Minutes</p>	<p>Extend:</p> <ul style="list-style-type: none">• Add a 3 step run up.• Make sure there is a line where you must make sure they have jumped before crossing .
<p>Plenary</p>		
<ul style="list-style-type: none">• Refresh learning objectives• Award Ceremony		