

Year 6 -Athletics- Lesson 4- Sprinting

Learning objective:

- To explore the various ways of starting (all)
- To be able to run at speed over 60m (most)
- To be able to demonstrate proper running technique (some)

Lesson Structure

Introduction/ warm-up (Connection and Activation)

With timings

Differentiation (Extension/Support)

Mirror, Turn, Travel

In pairs pupils standing face to face a metre apart. Leader will move in different ways (dodging/stepping left and right) trying to trick the other pupil into thinking they will turn and travel to the safe zone.

As soon as the leader turns away from the partner and travels to their safe zone the other pupil tries to tag them on the shoulder. Partner tagging has to do the same travel as the leader.

Sprinting Video link (in slow motion)

https://www.youtube.com/watch?v=RD_TtokBUKc

10 Minutes

Support:

- Show video link to demonstrate good technique

Extend:

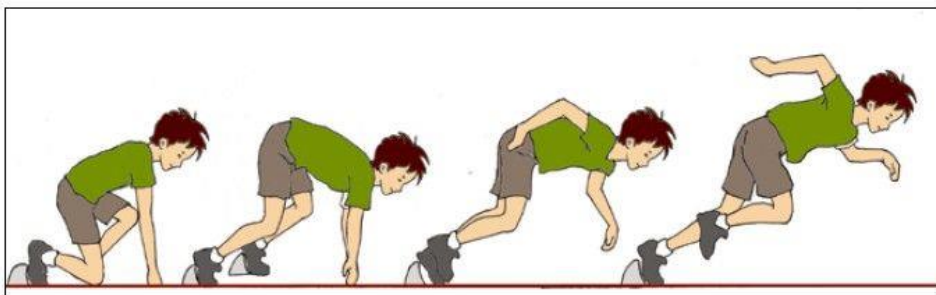
- **Teaching point** - Make sure all pupils are sprinting the same direction.
- Start with different speeds; Fast walking, jogging, sprinting.

Main (Development/ Application)

With timings

Differentiation (Extension/Support)

Sprint Starts



10 Minutes

Support:

- Show video link to demonstrate good technique

Extend:

- Leader has a different type of travel than the pupil catching them

