

LESSON PLAN: **SKILLZ4SPORT** INFANTS: WEEK 1

LESSON OBJECTIVE: To learn the fundamental skills and tactics of competing in a sprinting event.

WARM UP (10 MINS)

JEEP SAFARI: Each pupil has a hoop and they lay it out on the playground floor (these are the jeeps). Pupils are to run around the playground in and out of the hoops "searching for animals in the safari". When the teacher shouts "a lions coming", pupils have to run and stand in the nearest jeep to be safe. Only one person is allowed per hoop. Next time, take 1 hoop away and the person without a jeep has been eaten by the lion and is out. Continue with this until you have a winner.

MAIN LESSON (20 MINS)

Explain to pupils that when competing in a running event, their speed and reactions are very important. Ask pupils to create a large circle and sit down. Give each pupil a colour. When you shout out that colour, those pupils have to stand up and run around the circle and sit back down in their place. The last person to get back and sit down is out. Ensure all pupils run in the same direction.

Develop: To help pupils understand the importance of using their arms, keeping their backs straight and using high knees, you can repeat the game but this time introduce 'new rules'. E.g. Pupils to run with their hands on their heads or to try running by touching their toes. Pupils can also start in a standing position rather than sitting down.

GAME/COMPETITION (15 MINS)

Sprinting competition: Measure out 5 metres and place a cone down at each end. Each person has 30 seconds to see how many shuttle runs they can complete. E.g. Running up to the cone is 1 run; running back to the start place is 2 runs etc.

EQUIPMENT

- Cones/markers
- Hoops
- Stopwatch

KEYWORDS

- Speed
- Reaction time

DIFFERENTIATION

LESS ABLE

- Are allowed to run near the hoops in the jeep safari game.
- Try to keep similar ability pupils with the same colour in the circle activity.

MORE ABLE

- Make a larger circle that more able pupils have to run around in the circle activity.



RESOURCE CARD: **SKILLZ4SPORT** INFANTS

RELATES TO LESSON(S): 1 and 6

SPRINTING COMPETITION:

30 seconds to see how many shuttle runs they can complete.

