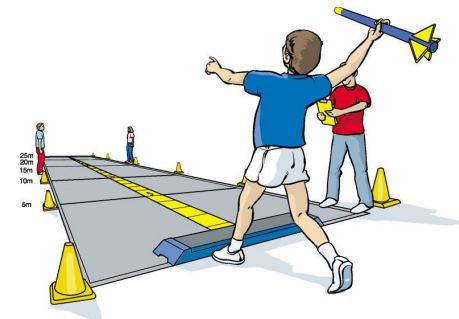
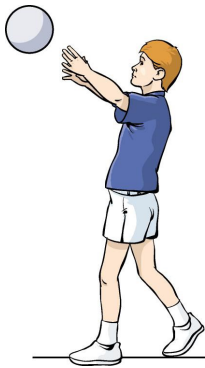


# Sports Hall Athletics Programme

The Sports Hall Athletics programme will focus on the run, jump, and throw elements of athletics. The skills taught are strongly linked into the Sports Hall heats and finals that will take place at the end of each block



## Relay Events

### Guidance Notes

- Last runner always has a sprint finish
- Each race will be competed by gender
- Time penalties can and will be awarded if failure to follow rules and guidance notes document

**Obstacle race** - 4 runners, one lap each, obstacles must be completed on way up and run straight back down. Next runner can go when they receive the foam baton.

**1 + 1 Lap Pairs**— 2 runners, each team member completes one lap each.

**2 + 2 Lap Pairs Races**— 2 runners, each team member completes two laps each. The athlete's two laps are completed consecutively.

**1 + 2 Lap Pairs Races**— 2 runners, the first team member completes one lap and the second team member completes two laps consecutively.

**6 Lap paarlauf** – 2 runners – each runner completes 3 laps in total in the 1-2-2-1 sequence (**runner 1** & runner 2)

**4 x 1 Lap Relay** – Each of the four team members complete one lap each.

### Introduction (2-3 minutes):

Discuss 4 week programme, set rules and discuss competition/finals relevant to their cluster area.

### Warm up– cone jump (3-4 minutes)

First member of the team picks up one of the cones, does a two-footed jump, and places it down at the heel of their foot. They now run back and hi-five the next runner. Next person runs out, picks up the cone and does a two-footed jump as before. Team should repeat the process until the cone is placed on the finish line.



### Jump your height — (8 minutes)

Athletes must try and beat their height using the recently learned standing long jump technique

One athlete lies down on the floor with their heels on a line whilst their partner places a marker at the top of their head. The athlete will then attempt to jump past the marker and beat their height. Make sure marker is placed to the left of the jump to avoid landing on it.

# Week 1

### Javelin — (12minutes)



Split the class into groups. Have a throw line and a boundary/safety line. Get participants to balance the javelin in their throwing hand.

Once in the correct position throw the javelin, **DO NOT COLLECT**. Once coach instructs the next pupil in the line should collect the javelin before getting into position.

### Relay Race (15 minutes)

Practice 4 by 1 relay as follows: split groups into even teams with each team sitting in single file, offset to the right of their lane.

Straight race up and down the hall. First runner stands up, steps to the left into their team's lane, and gets ready to run. The athlete runs up and round the top cone. As they run past their team on the way to the bottom cone, the next runner steps out and gets ready to receive the baton. The baton is then passed onto the next runner and the first runner can join the back of the line. This continues until the final athlete where they must run a lap as normal before completing the race by sprinting up past their team and through the finish line.

# Coaching Points

## **Jump technique:**

1. Feet shoulder width apart, knees bent
2. Swing arms in forward momentum
3. Lands on balls of feet
4. Absorb landing

## **Throwing technique:**

1. Favoured foot back
2. Elbow high

# Equipment List

- Marker Cones
- Roller Measure mat
- Floor spots
- Batons
- Javelin's

# Set-up/ safety

Cover all safety points; no jewellery, equipment check, risk assess, rules set by coach etc.

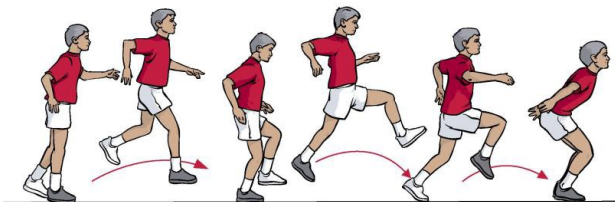
Split kids into even teams

Use full length of hall for activity

### Warmup reaction game (3-4 minutes)

Children should work with a partner. At the whistle each pair must try and 'tap' their partners knee.

This should take place in a small designated area — use cones or lines. On the 2<sup>nd</sup> whistle games ends and scores are given. Winner is the person with the most 'taps'



### Triple Jump (20 minutes)

Ask the children to get into pairs and have them stand opposite each other on either side line of the badminton court.

Looking to remain tall and balanced throughout

Using spots may help in building coordination (blue, blue, red = same foot, same foot, different foot, jump), remove the distance element and allow the athlete to concentrate solely on the movement

Pay attention to the first two parts of the jump as children often start out with a small hop and step

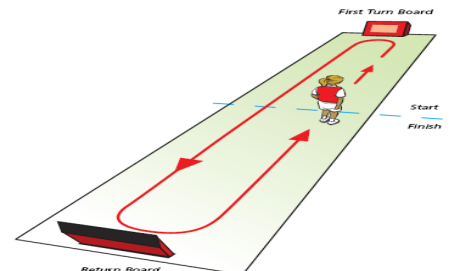
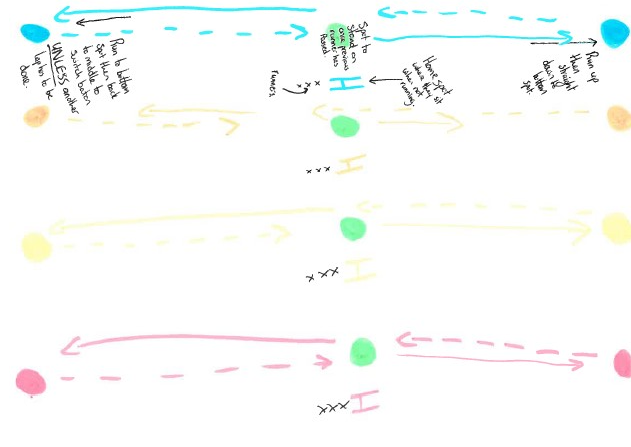
# Week 2

### Event Relays Practice all relay's (as many possible) (20 minutes)

4 lanes with spots at either end and one in the middle — Colour coordinate the lanes. Place a smaller spot offset to the right.

Change overs should take place in the middle of the hall on the colour coordinated spot.

The last runner should always finish with a sprint finish past the start line



# Coaching Points

## **Jumping technique: same - same - different**

1. Hop, same foot – start balanced on one foot
2. Hop, Step – same foot, other foot
3. Hop, Step, Jump – same foot other foot both feet

## **Running technique:**

1. relaxed shoulders
2. quick push off of floor

# Equipment List

- Marker Cones
- Roller Measure mat
- Floor spots
- Batons

# Set-up/ safety

- Cover all safety points; no jewellery, equipment check, risk assess, rules set by coach etc.
- Split kids into even teams
- Use full length of hall for activity

### Warm-up Number game (3-4 minutes)

The class are jogging around the hall. When a number is called out, the class must split into groups of that size. Working on basic numeracy and communication skills.

### Speed Bounce (12 minutes)

Working in groups of 3, each person will have a task. Whilst one person is jumping, the other members of the group will be holding the wedge steady with their foot on the corners and also counting. Each child must complete as many jumps within 20 seconds.



# Week 3

### Chest Push (12 minutes)

1 mat down the centre and split group into teams (3/4)

Using basketballs, participants will throw one at a time, ball would be measured by where it lands

Once all athletes have thrown, the balls can be collected safely.



### 6 lap paarlauf (10 minutes) - Get children to practice rhyming 1 – 2—2 – 1

Set up is same as previous weeks, mats in middle oh hall runners to the left

2 runners – each runner completes 3 laps in total in the 1-2-2-1 sequence (runner 1 & runner 2)

Remind groups of the race and their role throughout. First few races just concentrate on teams organisation and team work

### Conclude (5 minutes)

Competition re-cap including; bring water, snacks, spare gym clothes, trainers, etc.

# Coaching Points

## **Jumping technique :**

1. 1. Two footed bounce sideways
2. 2. Good balance, a tall posture and light and fast rebounds on the balls of the feet
- 3.

## **Throwing technique:**

1. Both hands on the ball and push from the chest.
2. Feet slightly apart or one in front of the other

## **Running:**

- high to low and placing in the palm of your team mate

# Equipment List

- Marker Cones
- Roller Measure mat
- Floor spots
- Batons
- Speed bounce wedges

# Set-up/ safety

- Cover all safety points; no jewellery, equipment check, risk assess, rules set by coach etc.
- Split kids into even teams
- Use full length of hall for activity



# Week 4

## Warm-up baton tig (5 minutes)

Select 2 tiggers. If a child gets caught they should freeze in a position that replicates that of waiting to receive the baton = ready position.

To be released another pupil must give them a high 5 in the ready position, again replicating receiving a baton before running.

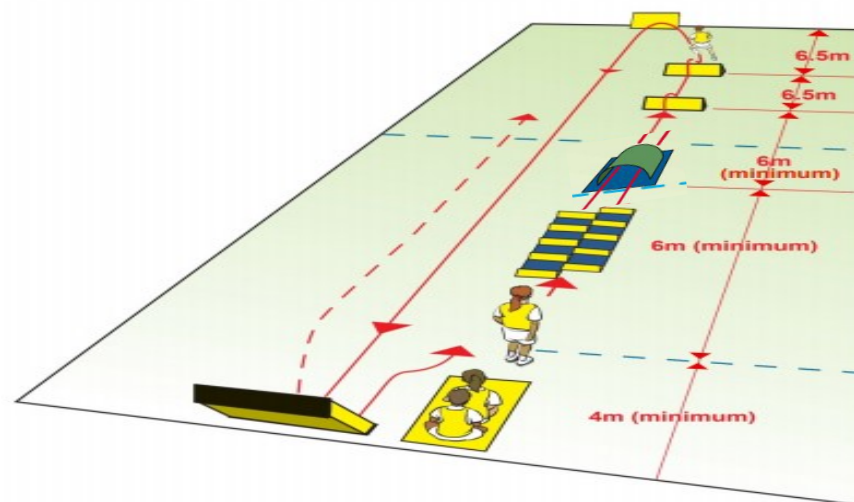
After showing Obstacle relay practice all relay's (as many possible) (20 minutes)

- 4x1 relay
- 1 + 1 relay
- 1 + 2 relay
- 2 + 2 relay
- 6 lap paarlauf

## Obstacle relay (20 minutes)

Split class into 4 teams. The team should be sitting in a straight line parallel with the fast feet hurdles. 2 colour coordinated spots should be offset to the left of the obstacles — one at the top and bottom of the hall.

- Runners begin in a crouched position
- Runners should use fast feet to get throw the stepper
- Go under the tunnel and over the hurdles
- Run up and touch the top spot with your foot before turning around and running straight to the bottom spot
- Once the runner has touched the bottom spot they should pass the foam baton onto the next person
- The last runner does not pass the baton on, instead they sprint finish straight up the hall missing all of the obstacles



## Conclude (5 minutes)

Competition re-cap including; bring water, snacks, spare gym clothes, trainers, etc

# Coaching Points

## **Running technique:**

1. High to low baton change
2. Start run before baton change

# Equipment List

- Marker Cones
- Roller Measure mat
- Floor spots
- Foam Batons
- Hurdles

# Set-up/ safety

- Cover all safety points; no jewellery, equipment check, risk assess, rules set by coach etc.
- Split kids into even teams
- Use full length of hall for activity