

Year 1 Run Jump Throw Unit 1 Lesson 2

Learning Intentions

1. Run in a straight line at different speeds.
2. Show power at the start of a run.
3. Perform runs as part of a team.

Skill Development: Arm movement in running

Success Criteria

1. I can change the speeds at which I am running.
2. I can run quickly from a stationary start.
3. I can do my best for the team.

National Curriculum Links

Mastering basic movements and skills.

Literacy and Numeracy Links

L Describe the differences between running quickly and slowly.
N If today's game started at 1 p.m. and finished at 1:30 p.m. how long were you playing for?

Starter Activity

Speeds

Children move around the area, avoiding other players and looking for space. Children should react and change the speed of their running based on the coloured cone that their teacher is holding up.

Examples:

Red – Freeze

Blue – Jog

Green – Walk

Orange – Run

White – Jump twice, then run

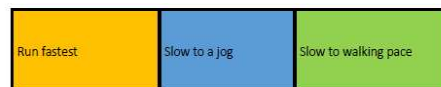
Yellow – Slow-motion walking

Purple – Very fast walking

Start with just a couple of colours, as it can be challenging to remember which move corresponds with the different types of movement.

Skill Development

Set up tracks/marked out areas for pupils to work in. Work in groups of 3 or 4. In their area, they need to run at different speeds, one at a time. These areas can be set up using coloured cones or lines on the floor. Children take turns practising running at different speeds through their area.



Extensions:

- Children must start lying down on the floor then go.

We are learning...

to use our arms when running at different speeds.

Teaching Points

Be ready to run when you team player returns

Use hips to lips movement when wanting to run fast

Recognise when to slow down to stop safely

Key Questions

1. How did you use your arms when running today?
2. How do you slow yourself down?
3. What sports do you know of where people need to run extremely fast?

- Children do two jumps then go.
- Start facing the wrong way, then go.
- With their hands on the legs.
- With their hands, 'Hips to Lips' (they should run with the hands moving from their hips to their lips—when left hand is at lips, the right hand should be at hips, and vice-versa).
- Switch the speeds around so go from walking pace > jog > to running fastest.

Activity

Remaining in their teams and in the defined speed areas, introduce the children to relays as part of teams.

The first player goes and must run according to the speeds in the boxes, when they get to the end they must walk all the way back and high five their partner.

The next player repeats the procedure.

When all players have arrived back, they should sit down in a straight line to show the teacher they have finished.

Remind children about the zones. They must adhere to the speeds they are allowed to run at.

Play some of the variations as relays; these can be in races or non-competitive.