

Year 1 Run Jump Throw Unit 1 Lesson 6

Learning Intentions

1. Use running, throwing and jumping skills.
2. Compete with others.
3. Say how you could have improved.

Skill Development: Competing in relay teams

Success Criteria

1. I can recall and use jumping and throwing techniques to compete.
2. I can work as an individual and as a team.
3. I can think about my performance and decide how I could do better.

National Curriculum Links

Using a range of basic movements and skills.

Literacy and Numeracy Links

- L** Use appropriate words to encourage teammates.
- N** Stay in order for when it is your turn to compete at an event.

Starter Activity

Spread out lots of different-coloured cones around the whole playing area. Children should move around the area travelling in different ways specified by the teacher (like frogs, mice, jumping, walking, marching, bees, snakes, walking tall, taking giant steps, taking small steps). Whilst calling out different commands, the teacher should occasionally call out a colour cone; children must quickly get to a cone of that colour before the teacher restarts the activity by calling out a new way to move around the area again.

Assessment for Learning Task

Revisit the AFL task from lesson 1, using the same rules, at first. Then, extend the activity, so players can work in teams to move the beanbags. The first player moves one beanbag from hoop to hoop then the second player moves one and so on.

Extension: Play as a race against other teams or increase the distance between the hoops.

Assessment for Learning Task

Time how long it takes to move all beanbags from one hoop to another, one at a time. Beanbags must be placed into the second hoop and not thrown.

Challenge: Move hoops further apart, introduce a time limit, or use more beanbags.

Development: Place hoops closer together, use fewer beanbags, or work in a team.

As this is an AFL lesson, use it as an opportunity to assess pupils' ability. It may be appropriate to move children between teams to gauge how they transition their skills working with higher or lower ability classmates.



Activity

Team Run/Jump/Throw Competition

We are learning...

to take part in a competition using running, jumping and throwing skills.

Key Questions

1. How do you know when you have completed a good run, throw or jump?
2. How could you have improved your run, throw or jump?
3. How did you work well with your teammates?
4. What was happening to your body when you were taking part in the different events?

Split the children into equal teams of approximately 4 or 5. There are six events to take part in. Set up so children can take part in the same event at the same time. Each team will need a small area to complete their events this could be set up as in the picture below.

1. **Shuttle Runs:** the first event will involve one team member at a time competing in the shuttle run, this will involve running to a marker and back to the group.
 2. **Standing Long Jump:** Children one at a time will start behind a line and jump as far as they can landing on two feet.
 3. **Distance throwing:** Children will throw a bean bag or ball as far as they can
 4. **Hopping Race:** Hop out to a marker and hop back
 5. **Target throwing:** Throw to a target on the floor.
 6. **Relay Race:** Split teams so half stand opposite their teammates at the other end of their area. Relay race passing on a bean bag to each other.
- Groups line up at the start line for all events, except relay where half will be opposite.
 - In all events, one player goes at a time and the others wait at the start line for their teammate to come back before they go.
 - The teacher can allow children to score points for successful throws, runs and jumps or for children that jump the furthest, throw the furthest, etc.
 - Children must not collect items when throwing until told to do so by the teacher.

