

THE LESSENS PLANS

A collection of twenty-seven ready to
implement lesson plans for teachers



Jetstar★



Australian Little Athletics

The Lesson Plans

**A Collection twenty-seven
ready to implement lesson plans
for teachers**

This resource has been created by Darren Wensor on behalf of Australian Little Athletics.

Graphic design by Nicole Duffey.

Cover photo courtesy of Stephen Chu.

This resource is not intended to be a definitive analysis about conducting warm up activities and events skill training and professional advice should be taken before any course of action is pursued. The authors and publishers are not responsible for the results of any action on the basis of information in this publication nor for any error or omission in or from it.

Introduction

The following section provides twenty-seven ready-to-implement lesson plans for teachers. The section is divided into four smaller sub-sections.

- Early Stage 1 (5 year olds)
- Stage 1 (6/7 year olds)
- Stage 2 (8/9 year olds)
- Stage 3 (10 years and above)

Each sub-section contains lesson plans suitable for children in these age groups.

The lesson plans assume classes of up to thirty students and a time limit of 30-45 minutes, however a teacher can adapt the ideas to suit their particular circumstances.

Each lesson plan generally follows the same format, being: Aim; Equipment; Warm Up; Skill Development; Games. In relevant places, topics such as safety aspects and various hints that will help the teacher organise and conduct a successful lesson are included. The lesson plans at times assume prior learning, ie. that the children have participated in the skill development activities contained in preceding lessons designed for the earlier levels.

The activities featured in the lesson plans are based on fun, skill development, maximum group participation and a sound, logical progression. The lesson plans form the foundation of a class athletics unit.

Lesson Plans

- Running
 - Lesson 1
 - Lesson 2
- Jumping
 - Lesson 1
 - Lesson 2
- Throwing
 - Lesson 1
 - Lesson 2



Running Lesson Plan



Introduction to basic running technique
Introduction to relays



Ground markers x 30
Relay batons x 5

Warm Up

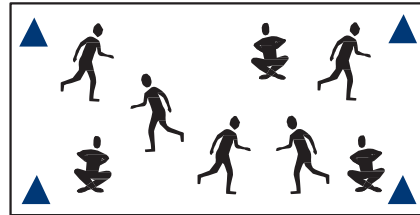
1. Group Game: "Signals"



Set up a playing area with ground markers. The children scatter randomly within the playing area.



The children move about within the playing area performing an activity specified by the teacher. eg. walking, hopping, jumping, etc. On the teacher's whistle, the children must sit down as quickly as possible. Sitting down can be replaced by kneeling, lying down, balancing on one leg, etc.



2. Individual Challenges:

- Swing arms straight and bent, fast and slow.
- March on the spot - with and without arms - fast and slow.
- Run on the spot - with and without arms - fast and slow.

Skill Development

1. The children march over a line of ground markers

a) With hands on hips.

b) As "pencils" with arms extended above the head.



Emphasize:

- Heads still.
- Straight tall bodies.
- Knees up.

2. Explain and demonstrate the correct use of arms when running. Children attempt the action:

a) Sitting in a "tall" position - slow and fast.

b) Standing in a "tall" position - slow and fast.



Emphasize:

- Head still, look to front.
- Straight bodies, shoulders still.
- Arms bent.

Early Stage 1

Running Lesson Plan Lesson 1

3. Instruct the children to run on the spot at various speeds, using an arm and leg action.
4. The children run over the line of ground markers.

Emphasize:

- Use of arms.
- Quick, light steps.



Running game

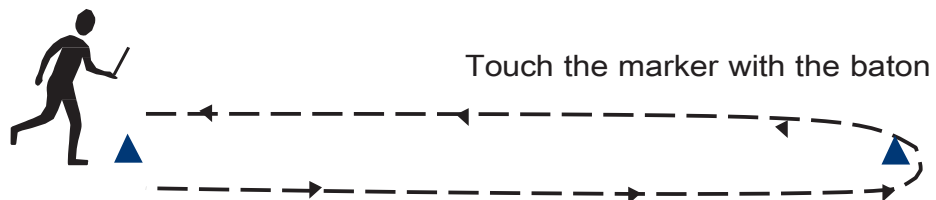
1. Game: "Up and back relay"



Select teams of 4-6. Children line up in teams behind a ground marker. Another marker is placed 10m-15m in front of each team. Each team is given a relay baton.



The children run up to the marker, touch the marker with the baton, then run back to their team to pass the baton to the next person in line. The relay is finished when all children have had their designated number of turns.



Hints:

- At this stage, don't be too concerned about the children's baton passing technique. Concentrate on the general concept of shuttle relay running.
- When organising the relay, if possible, have each team stand behind different coloured markers. Give each team a baton that is the same or a similar colour to their markers. This will help the children to remember to where they have to run and hopefully avoid some confusion when the relay begins! Also, place the teams far enough apart to help avoid collisions and accidental changing of teams.

Running Lesson Plan



Development of basic running technique
Introduction to shuttle relays



Ground markers x 10
Hoops x 6
Skipping ropes x 6
Relay batons x 5

Warm Up

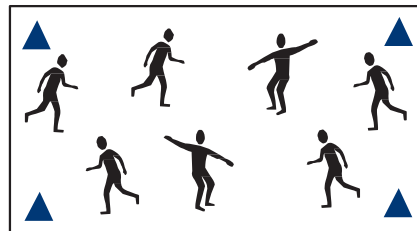
1. Group Game: "Statues"



Set up a playing area with ground markers. The children scatter randomly within the playing area.



The children move about within the playing area performing an activity specified by the teacher. eg. walking, hopping, jumping, etc. On the teacher's whistle, the children "freeze" and are not permitted to move again until the teacher gives the appropriate signal.



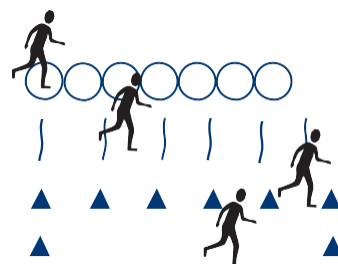
2. Individual Challenges:

- Sitting arm action - Tall bodies, arms bent.
- Standing arm action - Tall bodies, arms bent.
- Running on the spot with arm action - Light, quick movements.

Skill Development

1. Running Circuit

Step in hoops
Step between ropes
Step over markers
Run fast between markers



Emphasize:

- Heads still, tall bodies.
- Arms bent during arm swing.
- Light, quick, rhythmic movements.

Safety Tip:

- Ensure that there is enough space between activities to ensure that there is no interference between groups.

Safety Tip cont.

- Only one person should be permitted on each station at a time. Children do not enter a station until the person in front of them has completed that station.
- On completing a station, the children walk back around the station to the end of the line. They do not go back through the station in the opposite direction.

Running game

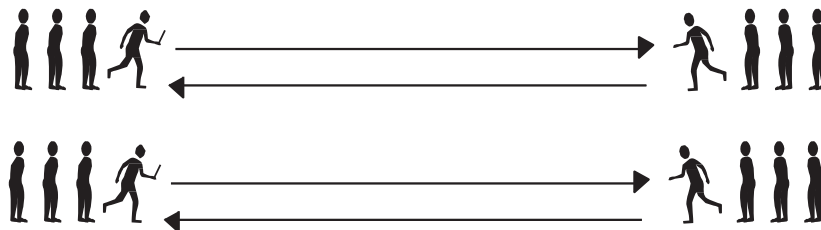
1. Game: "Shuttle Relay"



Select teams of 4-6. Children line up in teams behind a ground marker. Half of each team is sent to line up behind a marker 15-20m away facing their teammates. Each team is given a relay baton.



On a signal, the first child in each team runs with the baton down to the other end. On reaching the other end, they pass the baton to their teammate, who in turn, runs back to the other end, passes the baton, and so on. This continues for a predesignated time or number of turns.



Hints:

- At this stage, don't be too concerned about the children's baton passing technique. Concentrate on the general concept of shuttle relay running.
- When organising the relay, if possible, have each team stand behind different coloured markers. Give each team a baton that is the same or a similar colour to their markers. This will help the children to remember to where they have to run and hopefully avoid some confusion when the relay begins! Also, place the teams far enough apart to help avoid collisions and accidental changing of teams.

Jumping Lesson Plan



Introduction to basic long jumping skills

Ribbons - 1 per child

Ground markers x 5

Flexi bar/skipping rope

Long jump sand pit and rake

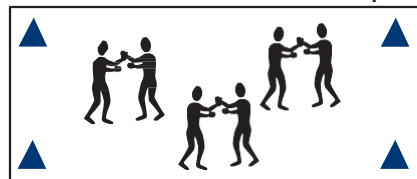
Warm Up

1. Group Game: "Pairs"



Set up a playing area with ground markers. The children scatter randomly within the playing area.

The children move within the playing area performing an activity specified by the teacher. Eg. Walking, hopping, jumping, etc. On the teacher's whistle, the children find a partner as quickly as possible and stand with them. Repeat. The children must find a different partner each time.



2. Individual Challenges:

With ribbons, make various patterns: Circles, waves, zig-zags, whips, sweeps, helicopters.

Throw up ribbons and catch them.

Skill Development

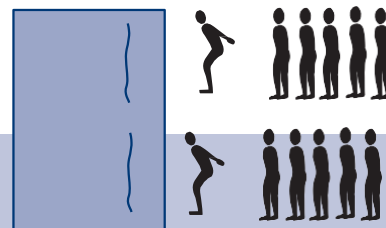
1. Instruct the children to place the ribbons on the ground in front of them. On your signal, they jump over the ribbon, taking off and landing on two feet. Repeat.

Emphasize:

- Bending legs on landing ("Land like a frog").

Safety Tip:

- Ensure that the children are adequately spaced to prevent collisions.
2. a) From the edge of the long jump sand pit, the children jump over a ribbon placed in the sand in front of them. Move the ribbons back to increase difficulty.



Emphasize:

Bending legs on landing.

Safety:

Ensure that the groups are adequately spaced to avoid collisions when landing in the sand.

Jumping Lesson Plan Lesson 1

- Use a jumping signal. Ask the children not to jump until you give them the signal.

b) The children jump over the ribbons, taking off from one foot and landing on two feet. Instruct them to balance on one leg at the side of the pit, push off, and land on two feet. Repeat.

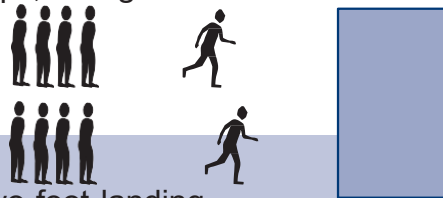
Emphasize:

- One foot take off; two foot landing.
- Bending legs on landing.

Safety:

- As above.

c) Move the children back from the side of the pit. On the signal, they jog in and jump into the pit, taking off from one foot and landing on two feet.



Emphasize:

- One foot take off, two foot landing.
- Bending legs on landing.

Safety:

- As above. Ensure that the landing area is wide enough to ensure a safe landing.

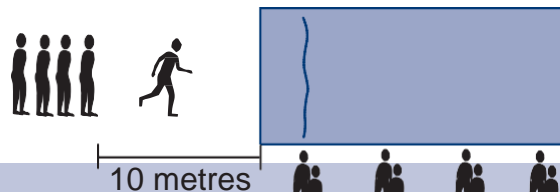
Jumping Game

Game: "Jump the Snake"



Lie a flexi bar or skipping rope in the sand. The children line up 10 metres back from the end of the pit.

One at a time, the children run in and attempt to jump over the "snake" without "waking it up".



Emphasize:

- One foot take off, two foot landing.

Safety:

- Use a jumping signal - verbal or other. The children are not permitted to run in until you have given them the signal.

Hint:

- To avoid problems with long lines, send only one group at a time to jump. The rest of the class sit in their lines by the side of the it and clap their class members' performances. Alternatively, use a circuit or tabloid to promote maximum activity.

Jumping Lesson Plan



Basic jumping skills



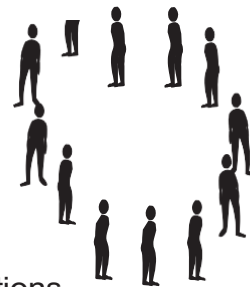
Ground markers x 10
Hoops x 5
Flexi bar/skipping rope
Long jump sand pit and rake

Warm Up

1. Group Game: "Circles"



Children move about within playing area. On the whistle the class must form a circle as quickly as possible.



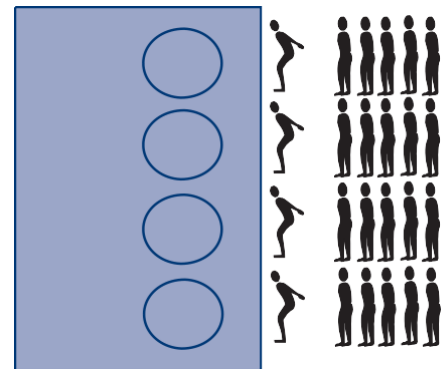
- 2.

Individual Challenges:

- Balance on one leg - arms in various positions.
- Hop on the spot - try each leg.
- "Rockets" - The children bend their legs, then jump vertically as high into the air as possible, stretching out "like a rocket".

Skill Development

1. "Target Jump" - Place hoops along the edge of the sand pit. Instruct the children to jump into the hoops:
 - From two feet to two feet
 - From one foot to two feet
 - From one foot to two feet from a jogging approach



Emphasize:

- Bending legs on landing (Land "like a frog").
- Controlled landing - Ask the children to balance and remain in the hoop upon landing, until you give them the signal to return to the end of their line.

Safety:

- Ensure that the hoops are adequately spaced to avoid collisions when landing in the sand.
- Use "go words". Ask the children not to jump until you give them the signal.

Jumping Lesson Plan

Jumping Game

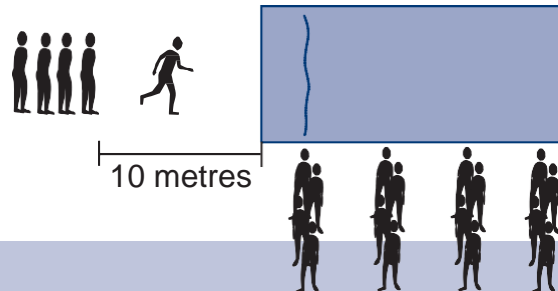
1. Game: "Jump the Snake (2)"



With the help of a student assistant, hold a flexi bar/skipping rope just above the sand. The children line up 10 metres back from the end of the pit.



One at a time, the children run in and attempt to jump over the "snake" without "waking it up".



Emphasize:

- One foot take off, two foot landing.
- Bending the legs on landing.

Safety:

- Use "go words". The children are not permitted to run in until you have given the signal.

Hint:

- To avoid problems with long lines, send only one group at a time to jump. The rest of the class sit in their lines by the side of the pit and clap their class members' performances. Alternatively, use a circuit or tabloid to promote maximum activity.

Jumping Game

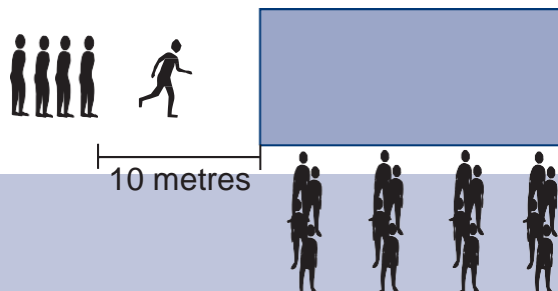
2. Game: "Big jump"



The children line up 10 metres back from the end of the pit.



One at a time, the children run in and jump as far into the sand as possible.



Emphasize:

- As above.

Safety:

- As above.

Hint:

- As above.

Throwing Lesson Plan



Introduction of basic throwing skills - pushing/shot put



Ground markers - one for each student

Hoops - Up to one for each pair

Bean bags - One for each student

Buckets/boxes

Warm Up

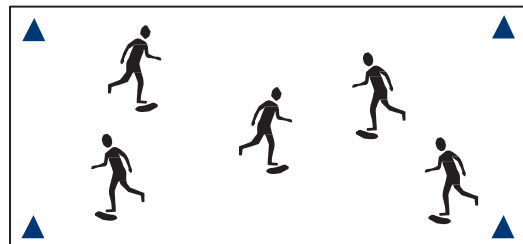
1. Group Game: "Bean Bag Command"



Set up a playing area with ground markers. Scatter the area with bean bags - one for each child. Children scatter randomly within the playing area.



The children move about within the playing area, performing an activity specified by the teacher eg. walking, hopping, jumping etc. On the teacher's whistle, the children find a bean bag and put their foot on it. Placing a foot on the bean bag can be replaced by touching the bean bag with elbows, knees, noses, etc.

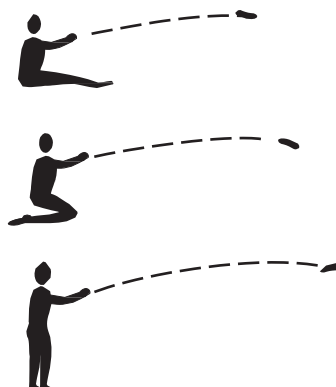


2. Individual Challenges:
 - Balance bean bag on head, foot, shoulder, knee, elbow, etc.
 - Walk around with bean bag on head, foot, etc.
 - On all fours, place bean bag on back and shake it off.
 - Throw bean bags into the air to make it "rain bean bags".

Skill Development

1. "Bean Bag Push" - The children attempt to push a bean bag with two hands, from the chest for distance from:

- a) A sitting position.
- b) A kneeling position.
- c) A standing position.



Emphasize:

- Pushing action.
- Hold bean bag in fingers, not in the palm of the hand.

Hint:

- Place throwers a minimum of 2m apart.
- Use a throwing command and a retrieval signal.
- If there is enough equipment and space, have the children working in pairs to avoid long lines and waiting times. One child pushes the bean bag while the other awaits their turn. ie. In a class of thirty, fifteen should throw at a time. Smaller classes may see all active at once.

Throwing Game

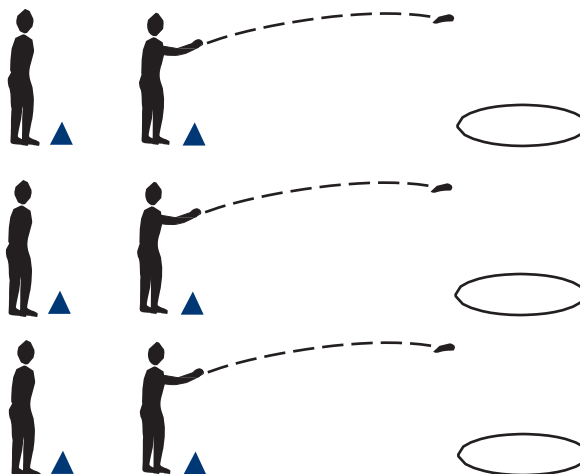
1. Game: "Target Throw"



In pairs, the children line up behind ground markers. One of each pair stands behind the front marker, facing their target (eg. hoops, boxes, buckets) placed five metres away, while the other child stands back behind a second marker awaiting their turn.



On a signal, the children attempt to land the bean bag in the target, using a pushing action. One partner is active while the other partner waits behind the second marker.



Emphasize:

- A correct pushing action. (Hands "reach" out to target).

Hints:

- Use a throwing and a retrieval signal.
- Space pairs far enough apart to avoid confusion. (Recommended 2m distance).

Early Stage 1

Throwing Lesson Plan

Lesson 2



Introduction of basic throwing skills - slinging/discus



Ground markers

Tennis balls/soft balls - one between two (one each if possible)

Skipping ropes

Hoops - Up to one for each pair

Basketballs/volleyballs/netballs x 6

Warm Up

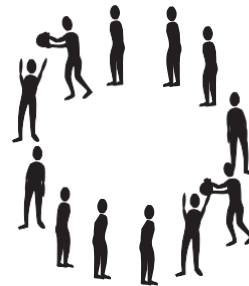
1. Group Game: "Catch up ball"



Organize the class into one or more circles, facing inward. Select two children on opposite sides of each circle and give them a ball.



On "go" the two balls are passed in the same direction around the circle as quickly as possible. The aim of the game is to try to prevent one ball from catching up to the other. Increase the difficulty by having the class jog on the spot at the same time.



2. Individual Challenges: (with a small ball).

Try holding the ball:

- Between the knees, using only the elbows, with just the wrists, with fewer and fewer fingers.

Skill Development

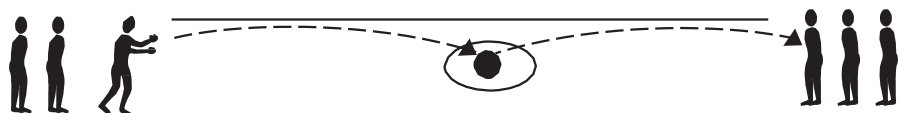
1. "Track roll" - The children attempt to roll a large ball between two ropes, chalk lines or ground markers using an underarm two handed roll.



Emphasize:

- Eyes on target.
- Swing ball down and forward with "long" arms.
- Step through to target.

2. "Target ball" - The children attempt to hit a target (eg. hoop) using an underarm two-handed throw.



3. "Roller ball" - The children attempt to roll a small ball with one hand to a target (eg. hoop).

Emphasize:

- Eyes on target
- Step forward on opposite foot as ball is rolled
- Release the ball close to the ground
- Swing rolling arm in direction of target

Throwing Game

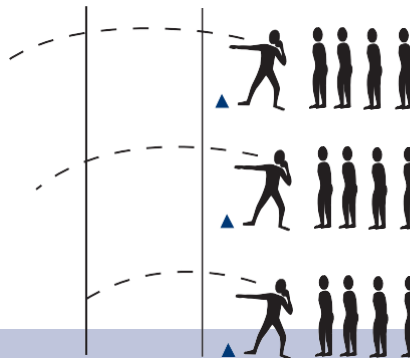
1. Game: "Over the River".



Create a "river" with skipping ropes or ground markers. The children stand in formation on one side of the river.



On a signal, the children attempt to throw the ball underarm with one hand "over the river" so that the ball doesn't "get wet". Widen the river as the children improve.



Emphasize:

- Swing ball back with a straight, long arm
- Step forward on the opposite foot to the throwing arm
- Swing your arm towards the target
- Follow through well beyond release

Hint:

- Use a throw signal and a retrieval signal.

Lesson Plans

- Running
 - Lesson 1
 - Lesson 2
- Jumping
 - Lesson 1
 - Lesson 2
- Throwing
 - Lesson 1
 - Lesson 2



Stage 1

Running Lesson Plan

Lesson 1



Development of running technique
Introduction to the standing start



Ground markers x 30

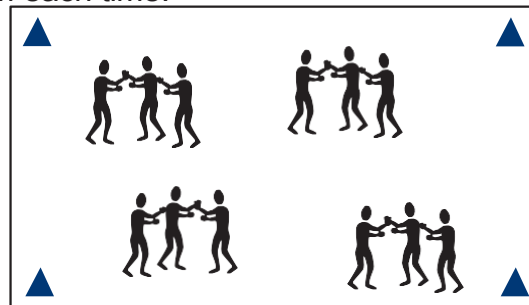
Warm Up

1. Group Game: "Numbers"

Create a playing area with ground markers. The children scatter randomly within the playing area.



The players move about randomly within the playing area, performing an action selected by the teacher, eg. skipping, hopping, jumping, etc. The leader then blows a whistle and calls out a number. The children are required to quickly form groups of this size ie. If the leader calls "3", the children must form groups of this size. Change the action that the children are to perform each time.



2. Individual Challenges:

Run on the spot:

- With arms folded; behind back; kept straight.
- With hands on head; hands on shoulders; hands on hips.
- With bent swinging arms.

Which is best?

Skill Development

1. The children run over a line of ground markers swinging their arms. Progressively increase the distance between the markers until the children are striding over them.



Emphasize:

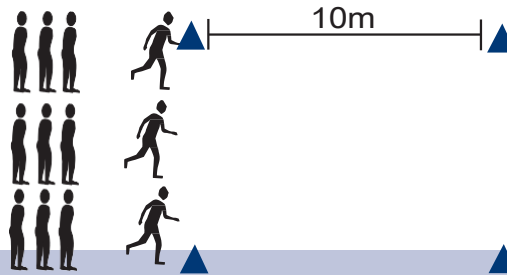
- Rhythm.
- Quick, light feet.
- Use of arms - Bent, swinging from the shoulder.

Stage 1

Running Lesson Plan

Lesson 1

2. Explain and teach a standing start. Children to attempt over 10 metres to your signal.



Emphasize:

- i) "On your marks"
 - One foot forward; behind, not on the line; pointed directly down the track.
 - Other foot back; heel lifted, pointed directly down the track.
 - Feet shoulder width apart.
- ii) "Set"
 - Bend at hips and knees.
 - Opposite arm and leg forward.
 - Vision at ground, 1 metre in front of feet.
- iii) "Go"

Safety:

- Ensure adequate space between runners to avoid collisions.

Starting Game

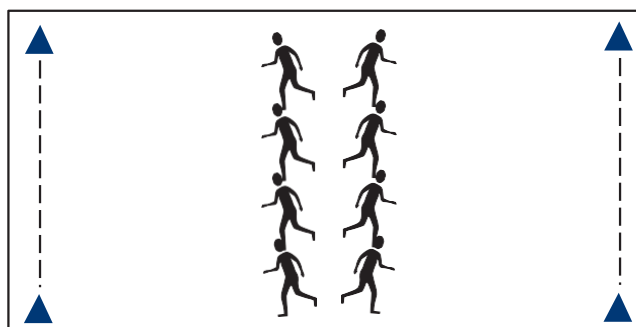
1. Game: "Crows and Cranes"



The children line up in two opposing teams, facing away from each other. One team is named the "Crows"; the other is named the "Cranes". The teacher stands at the head of both lines.



The teacher calls: "On your marks . . . Set . . ." and then either "Crows!" or "Cranes!". The team whose name the teacher calls must race to a designated line. The other team must freeze in the "set" position. The teams then return to their original starting positions to play again. Various starting positions such as sitting, lying in a prone position, etc, may be used to introduce more of an emphasis on agility.



Stage 1

Running Lesson Plan

Lesson 2



Development of running technique
Correct shuttle relay baton passing technique



Ground markers x 10 Skipping ropes x 6
Hoops x 6 Relay batons x 5

Warm Up

1. Group Game: "Command"

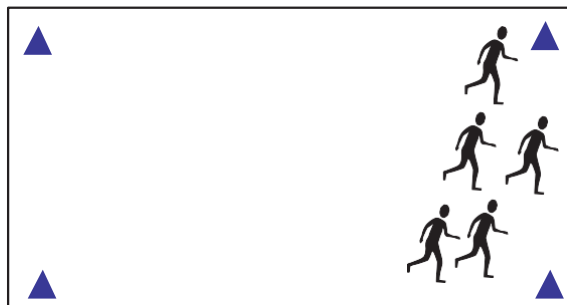


Create a square playing area with ground markers. The children scatter within the playing area.



This game is based on the traditional game of "Shipwreck" however relates to athletics. The leader gives various commands and the players must quickly respond within the playing area. Commands and the required actions can include:

- "Front Straight" - Children run to designated side of the playing area.
- "Back Straight" - As above.
- "Start Line" - As above.
- "Finish Line" - As above.
- "On your marks" - Children assume an "on your marks" position.
- "Warm Up" - Children perform a warm up exercise.
- "Personal Best" - Children jump up and down.



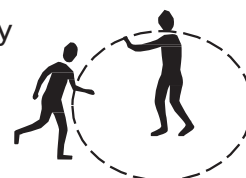
2. Partner Challenge: "Circle Slap"



Children in pairs, scattered within the playing area.



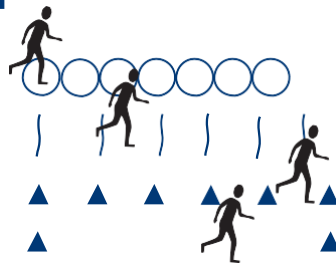
Person A stands still with their hand held up, palm facing outwards. Person B must gently slap Person A's hand and then run in a circle around them before they slap the hand again and run back around in the opposite direction. Repeat for a predetermined number of repetitions that players attempt to complete as quickly as possible. Reverse roles.



Running Lesson Plan

Skill Development

1. Running Circuit.



- Step in hoops.
- Step between ropes.
- Step over markers.
- Run fast between markers.

Emphasize:

- Rhythm.
- Quick, light feet.
- Use of arms.

2. Divide the children into teams, one relay baton per team. Run short, 15 metre shuttle relays, emphasizing one of each of the following per relay:

- i) Correct carry of the baton and running action.
- ii) Action of the incoming runner:

- Baton arm extended as approaching receiver.
- Run to the side of, not at, the receiver.



- iii) Action of the receiver:

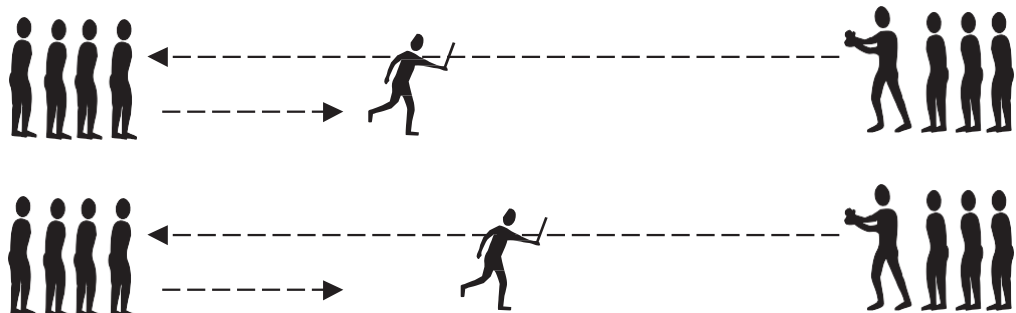
- Feet in "set" position.
- Hands in "butterfly" formation.
- Arms extended in front of chest.



Relay Game

1. Game: "Continuous shuttle relay"

- Run a shuttle relay for designated time. eg. 1 minute. The team leading after the allotted time is the winner. Alternatively, the team deemed to have the best "running form" during the allotted time may be the winner.



Safety:

Ensure that teams are spaced widely apart from other teams to prevent confusion and collisions.

Stage 1

Jumping Lesson Plan

Lesson 1



Long Jump with run up

Ground markers x 10

Long jump sand pit and rake

Warm Up

1. Group Game: "French Tag"



Create a square playing area with ground markers. Children randomly scatter within the playing area. Select one or more "taggers".



This game is played as a traditional game of tag, however all children must play with their hand placed on a part of their body selected by the teacher, eg. "one hand placed on your knee" or one hand placed on your elbow". Children tagged become new "taggers".

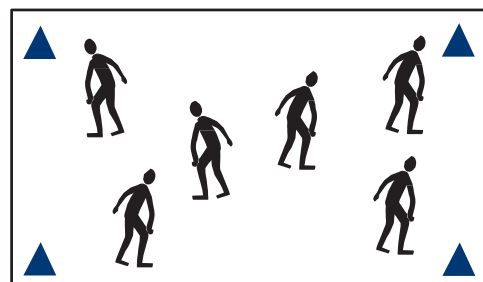
2. Challenge: "No hands stand"



Children scattered within playing area.



Children sit on the ground cross-legged, arms folded. On a signal from the teacher, the children attempt to stand up while keeping their arms folded. Repeat.



Skill Development

The children perform the following jumps from the edge of the long jump sand pit:

- a) "Jump the River" - Two feet to two feet.



- b) Multiple standing long jumps across the pit.



- c) "Jump the River" - One foot to two feet.



Stage 1

Jumping Lesson Plan

Lesson 1

Emphasize:

- Safe, soft, controlled landings.
- Bend legs, not back, on landing.

d) Jump and clap - The children jump and clap with arms extended above their heads.



e) Jump, clap and hand prints - Following a clap above their heads, the children squat down to make hand prints in the sand on either side and just in front of their feet.



f) Jump, clap and hand prints from a walking approach.



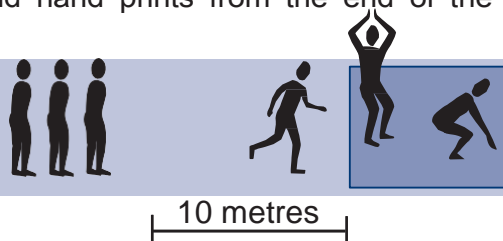
Emphasize:

- Reach above head to clap.
- Bend legs, not back, to make hand prints.

2. The children perform a jump, clap and hand prints from the end of the pit, using a 10 metre approach.

Emphasize:

- One foot take off, two foot landing.
- Don't slow down on approach to pit.



Jumping Game

Game: "Long Jump Challenge"

Place coloured ground markers at intervals along the side of the pit. The children line up 10 metres back from the end of the pit.

One at a time, the children run in and jump as far into the pit as possible. The children score points according to the marker next to which they land.



Hint:

10 metres

Those children not in the jumping group can be organised to perform activities (eg. running on the spot), challenges (eg. various individual balances) or tabloid/circuit activities within the teacher's range of vision.

Stage 1

Jumping Lesson Plan

Lesson 2



Scissors jump for height

Ground markers x 10

Skipping ropes x 16

Hoops x 6

Crash mats

Flexi bar

High jump uprights

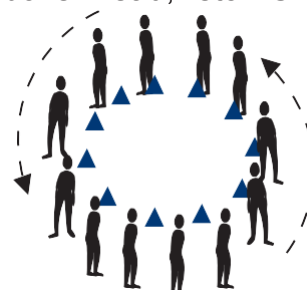
Warm Up

1. Group Game: "Activity Circle"



Create a large circle with ground markers. The children spread evenly around the outside of the circle.

The children move around the outside of the circle performing actions given by the teacher. eg. Walking, skipping, jogging, walking on toes, taking big steps, clapping hands above head, etc. Change action frequently.



2. Challenges: "On the spot scissor jump"

On the spot, the children attempt to co-ordinate a scissors jump. Try leading with each leg.



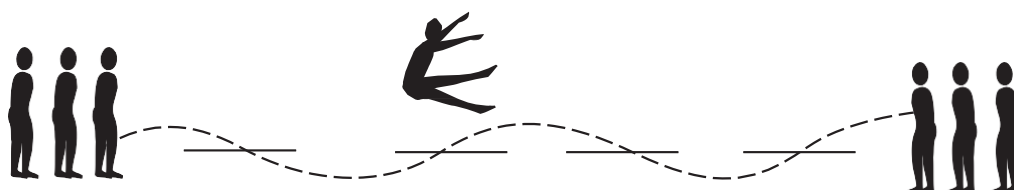
Skill Development



Activity: "Scissors Jump Relay"

Organize the class into even teams and place them in shuttle relay formation. Lay out skipping ropes length ways between the teams.

On "go" the first runners complete their leg of the relay, scissors jumping over the ropes as they make their way to the other end. The children are required to take a weaving path over the ropes, which encourages them to lead with both their right and left legs as they jump. This activity can be done as a fun drill, or as a fun, competitive race (as long as technique is not compromised!)

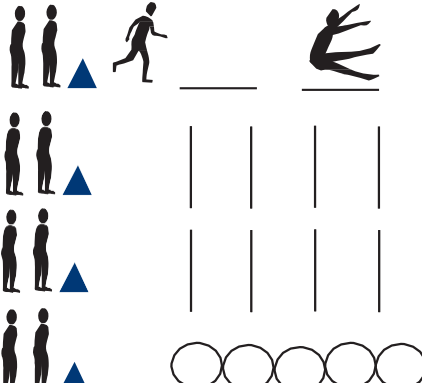


Jumping Lesson Plan

Emphasize:

- Leg closest to the rope over first.
- Lift both legs to the front.

2. Jumping Circuit.



Scissor over ropes

Scissor over ropes
- Left leg lead

Scissor over ropes
- Right leg lead

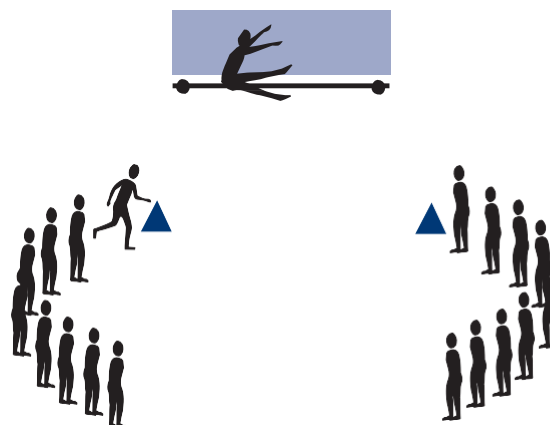
Hop in hoops

Jumping Game

1. Game: "Electric Fence"

Set up a high jump flexi bar (electric fence) between two uprights; a crash mat is placed on the other side of the bar. Half of the class lines up preparing to approach the bar from one side (5m distance), while half of the class in lined up on the other side.

One at a time, on the teacher's command, the children attempt to run in and scissors jump the "electric fence". The bar begins at mat height and is increased as the children gain skill and confidence. Once a child has a jump, they proceed to the other line in preparation to approach from the other side, thus having to lead with their other leg.



Emphasize:

- Leg closest to the "fence" over first.
- Must land on feet in standing position.

Safety

- Use a jumping signal ie. The children may not proceed to jump until you have given a signal.

Stage 1

Throwing Lesson Plan Lesson 1



One arm putting action



Ground markers x 30

Bean Bags x 30

Hoops x 15

Warm Up

1. Group Game: "Changing Colours"



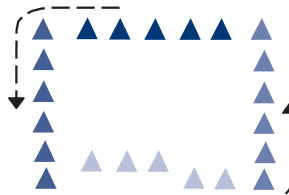
Set up a square with ground markers, using a different coloured marker on each side. Divide the class up evenly into teams. The teams line up on the perimeter of the square, each team on a different side, and thus colour.



The teacher gives the command for two teams to change sides. eg. "Blue change with green". The two teams standing on these sides of the square change places by jogging in a counter-clockwise direction around the outside of the square. Repeat, the teacher varying the combination of colours called. Change jogging to skipping, fast walking, etc.

Safety:

Do not allow the children to run across the square to swap sides.



2. Challenges: "Balance stunts"

The teacher nominates a variety of fun balances for the children to attempt. Examples:

- Balance on right foot and right hand.
- Balance on one foot with arms out to the side; extend leg backwards and lean forward.
- Balance like a bridge; lift one foot.

Skill Development

1. The children familiarize themselves with the basic putting action by pushing a bean bag with two hands from the chest into the ground approximately one metre in front of them. (This drill encourages the children to direct their follow through after the implement).

Emphasize:

- The pushing action.
- Elbows up and away from body.
- Hands and fingers follow the bean bag towards the target.



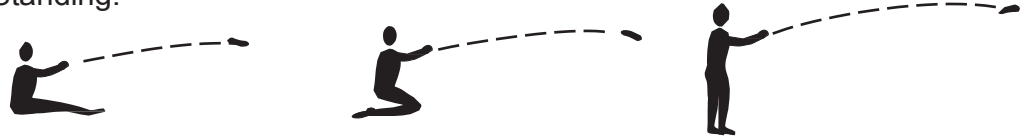
Stage 1

Throwing Lesson Plan

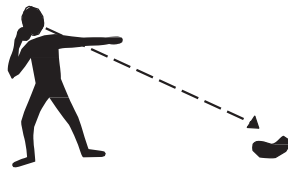
Lesson 1

2. Using two hands, the children push the bean bags to a target while:

- Sitting.
- Kneeling.
- Standing.



3. The children develop a one hand putting action by pushing the bean bag from next to their neck into the ground approximately one metre in front of them.



Emphasize:

- Put from neck. (Under jaw, in front of ear, next to windpipe).
- The pushing action.
- Elbow up and away from body.
- Hand and fingers follow the shot towards the target.

4. Instruct the children in the basic preparatory stance for a standing put.

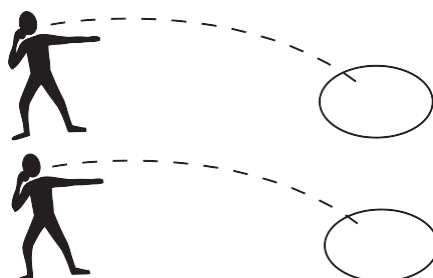


Emphasize:

- Side on stance.
- Bean bag against neck, under jaw, in front of ear.
- Point at target with non-throwing hand. (This will assist with balance).

Teach the children a simple "turn and push" action for putting the bean bag. (ie. The children are told to look and turn their belly button to the direction of the throw just prior to putting the bean bag).

The children attempt the putting action with bean bags to hoops as targets.



Stage 1

Throwing Lesson Plan

Throwing Game

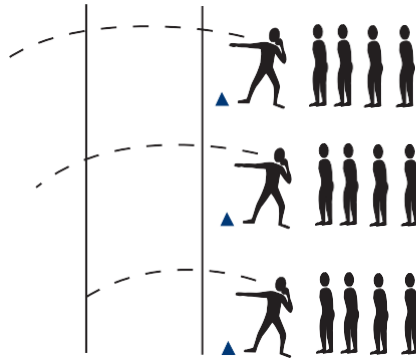
Lesson 1

Game: "Over the River"



Construct a "river" with skipping ropes or ground markers. The children line up in pairs on one side of the river.

The children take turns to attempt to put their bean bag over the river.



Emphasize:

- The putting action.
- Delivering the bean bag from next to the neck.

Hint:

- Making the river too wide will encourage poor putting technique. Ensure that the river is a width that the children can achieve while maintaining a correct putting action.



Stage 1

Throwing Lesson Plan Lesson 2



A slinging action



Ground markers x 15

Hoops/quoits - one between two

Witches hat; cricket stumps; batting tee; etc. for target during discus quoits

Warm Up

1. Group Game: "Surprise"



Prior to the class the teacher prepares some activity cards. Each card contains a different fun warm up activity. Eg. Run on the spot for 15 seconds; jog to the soccer goals and back; ten jumps on the spot; skip to the tree and back again; etc.

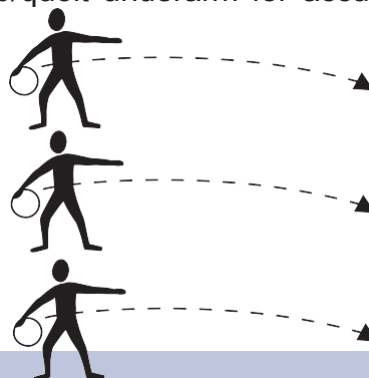


The children take turns selecting a card. Once a card is selected, the teacher reads the activity to the class, who then all perform that activity. Repeat until the class is thoroughly warmed up.



Skill Development

1. The children toss a hoop/quoit underarm for accuracy. The hoop/quoit should land on its edge.



Emphasize:

- An overhand grip on the hoop/quoit.
- Grip the edge of the hoop/quoit closest to you.
- A "long" extended throwing arm.
- Follow through well beyond release.

Hint:

- Be aware that some children may have trouble throwing the hoop underarm with some larger sized hoops.

Stage 1

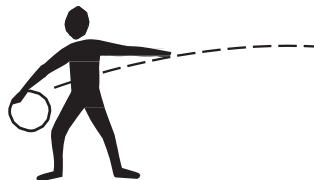
Throwing Lesson Plan

Lesson 2

2. The children attempt a side arm sling with a hoop/quoit from:

a) A kneeling position.

b) A standing position.



Emphasize:

- Implement flying flat and straight.
- Long, loose slinging arm.
- "Watch the implement go".

Safety:

- Ensure that the children throwing are spaced widely enough apart so that there is no chance of a child being struck by another child's hoop.
- Use a throwing and a retrieval signal.

Hint:

- Encourage throwing for accuracy, rather than distance.

Throwing Game

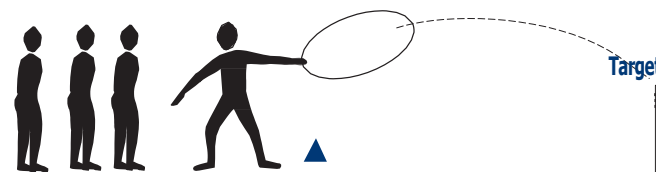
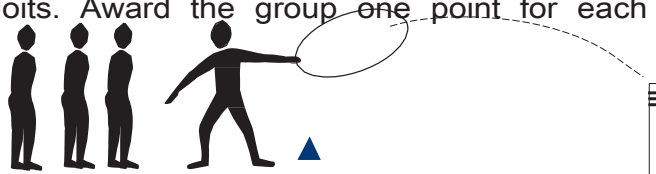


Game: "Discus Quoits"

Organize the class into groups of no more than four. Provide each group with a hoop. In front of each group, stand a target at an achievable distance.



The children attempt to sling the hoop and land it over the target as in the game of quoits. Award the group one point for each successful attempt.



Target

Safety:

- Ensure the groups are adequately spaced.
- Ensure those children not throwing stand well back from the line of throwers.