

Resources

Whiteboard (or similar); variety of projectiles (see Learning Resource Athletics 16); markers; Learning Resources 5 and 16

Lesson 5

Unit 2

Learning Objectives	Suggested Series of Activities - ANGLE OF TRAJECTORY	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> ■ to develop and refine different types of throw <p>Selecting and Applying</p> <ul style="list-style-type: none"> ■ to choose an appropriate trajectory for optimum distance ■ to help to organise and participate in a simple throwing competition <p>Improving and Evaluating</p> <ul style="list-style-type: none"> ■ to assess their own throwing actions and practise to improve them ■ to observe and comment on good technique <p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> ■ to suggest warm up activities ■ the three elements of a warm up 	<p>Warm up</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To suggest activities that will gently stretch the spine; perform a selection ■ To jog and on command perform an action What part of the warm up is this? ■ To suggest activities that will warm the shoulder, hip and ankle joints; perform a selection What part of the warm up is this? 	<ul style="list-style-type: none"> ■ actions could include – touch floor with hand; jump; crouch down; stop
	<p>Development</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To complete the individual challenge (see Resource Athletics 16) ■ Talk with them about trajectory What they found out Help them to improve (see Resource Athletics 5) ■ To practice different types of throws Which is the fastest, most consistent, most accurate? 	<ul style="list-style-type: none"> ■ write key words on the whiteboard ■ trajectories which are too steep, upwards and downwards, will limit the distance ■ ask individual children how they are trying to improve
	<p>Event</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ In groups of three, to organise a simple throwing competition ■ To select the type of throw and projectile they will all use for the competition ■ To compete against each other How many attempts is each person allowed? ■ To observe ‘winning throwers’ and comment on their throwing action 	<ul style="list-style-type: none"> ■ different coloured markers can be used to identify the distance each child throws
	<p>Cool down and concluding activity</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To raise both arms slowly as they breathe in and lower them as they breathe out ■ To stretch each arm gently in turn and spread the fingers ■ What they have improved during this lesson ■ Can you name examples adult throwing events? i.e. discus, javelin, shot, hammer 	<ul style="list-style-type: none"> ■ making the breathing audible will help children to control the breathing action