

	Subject: Athletics Running	Year:	Group:	Total No.:	M:	F:
	Lesson: Basic Sprint start	Ability:	Period:	SEN:		
	NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b, 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d;2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Duration:	w/c			

Objectives:

To be able to perform a standing and semi-crouched sprint start. To understand how the crouched position allows the runner to start the race more efficiently and be able to describe this in basic mechanical terms. To be able to begin a sprint race using the semi-crouched start.

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this session : <ul style="list-style-type: none"> - Discuss and analyse the different types of running techniques, methods, strategies and skills that gain an instant advantage over competitors - Identify the similarities and the teaching points found in each of these running skills and techniques to gain a strategic advantage when performing the different events - Enhance knowledge, understanding and the ability to transfer the range of running techniques, skills, and approaches to gain ascendancy in practices and events
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Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Observe pupils performances Q & A on benefits of warming up	① Ask students how they could make warm up easy / harder / intense
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Athletics	- Hold stretches for 8 seconds. - No bouncing.	Q & A on benefits of stretching	↑ Get pupils to incorporate stretching with Objects used in the lesson
Basic Sprint start	- 40 metre sprint races with semi-crouched start.	To understand the importance of preparing for and recovering from exercise safely and effectively and to know the principles used. To be able to perform a standing and semi-crouched sprint start. To understand how the crouched position allows the runner to start the race more efficiently and be able to describe this in basic mechanical terms. To be able to begin a sprint race using the semi-crouched start. To be able to analyse performances, identifying strengths and weaknesses of their starts	- DRIVE UP AND OUT WITH LEGS - Arms pumping from waist to chin - Heel to toe action with legs - Looking forwards	Observe Practices and activities - Record times and use for baseline test - Discuss the skills used to beat / outwit / gain ascendancy over an opponent	Q & A on the teaching points and objectives of the skill, activity and lesson M/C - Discuss tactics of the start with students Cr- Can they produce the ideal starting tactic Cr - Pupils devise new strategies to beat opponents
	200 M		- Arms pumping from waist to chin - Heel to toe action with legs - Looking forwards		
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Ask students for feedback regarding their performances	↑ Ask pupils questions why a Cool down is essential after exercise

Informed Choices and Lifestyle	Discuss the benefits of exercising for 30 minutes a day by performing Athletics
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Equipment	TV & video, Record sheet, Peer analysis, Weight, Cones, Tape measure, Whistle
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ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- All jewelry and gum must be removed at the start of the session.
- Check the area for any litter, glass or animal mess.
- Training shoes are to be fastened properly.
- Ensure students are fully warmed up before attempting the sprint

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

Competence	Performance	Creativity	Health and Active Lifestyle
Developing Skills	Making and Applying	Physical and Mental Capacity	Evaluating and Improving