

Lesson 4	Subject: Athletics	Year: 7	Group:	Total No.:	M:	F:
	Lesson: Basic Sprint start NCPE Location 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	Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives:

To know and understand the different aspects and its uniqueness of the 400m sprint compared to the 100 and 200 races

To know and understand the laws that govern a 400m race

To be able to discuss and understand what happens to their body within the race

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	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 and their warm ups	↑ Get pupils to incorporate stretching with Objects used in the lesson
Basic Sprint start	Watch a video of a 100m and 400m races - ask pupils about differences - laws - fitness - performers	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.	- Observe race - Look at actions of body	Listen to comments about actions <i>M/C</i> - Analyse strength and weaknesses	↑ Ask pupils what they saw ↑ What muscles were used <i>M/C</i> -What type of words they would use to describe the 400m race
	Accurately replicate and perform the 400M	To know and understand the different aspects and its uniqueness of the 400m sprint compared to the 100 and 200 races To know and understand the laws that govern a 400m race	- Pump arms to chin when running - Lift knees up - Look forward - Move to inside of lane on the bend.	Q & A : Are they performing the skill and 400m at speed	✎ - Pupils provide new rules to the 400m ✎ - Pupils can remove a rule <i>M/C</i> - Discuss tactics of event with students
	Discuss what has happened to their bodies and why. Discuss the influential strategies and tactics used to beat opponents	To be able to discuss and understand what happens to their body within the race To be able to accurately replicate and perform the 400 m races correctly To accurately replicate and perform at the 400 metre event at speed and with strength. To be accurate in the replication of actions, phrases and sequences in the 400m race	- Describe what is happening to their body	<i>M/C</i> - Analyse strength and weaknesses ✎ - Pupils develop, adapt and refine skills, strategies and tactics used in this section Evaluate and observe performance	↑ Can anyone explain the effects of the 400m ✎ - Pupils devise new strategies to beat opponents
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 joining a Athletics club and playing Athletics regularly				

Equipment	TV & video, Record sheet, Peer analysis, Weight, Cones, Tape measure, Whistle												
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