

Get Set for Athletics!

Here's a series of activities to get your pupils up and running. The following athletics ideas are intended for an outdoor space, but could be adapted for indoor usage, if you're lucky enough to have a hall!

Planning and Organisation

It is recommended that a 30 min. lesson consist of a warm-up phase concluding with light stretching (10 mins), skill development session (15 mins), and a cool-down period (5 mins).

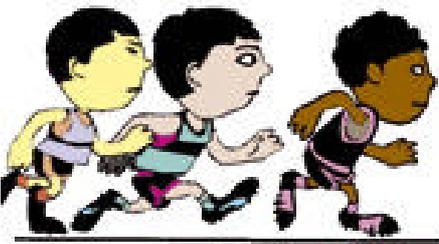
By repeating some activities and devel-

oping others, a series of 7-8 lessons could be achieved. When outdoors, it is advisable that a clearly defined area be established to operate as a perimeter for activities. Keep groups to a max. of 5-6 children, and provide sufficient equipment to prevent excessive queuing!

1 Warm-up: Saucers & Domes Game
Divide your area into two halves with upturned domes on one side and right way ups on the other. Start half of the class on opposite sidelines, running out, reversing the domes in their half, and running back to their sideline.

Stretching

Light Exercises



Running

Reaction Sprints: Sprint from various starting positions behind sideline eg facing backwards, sitting, lying on back etc... react to Go! and sprint 5-10m only.

Jumping

Skipping with and without ropes... stationary and moving, two feet together, alternating feet, skipping for speed and stamina.

Throwing

Underarm throw... bean bags into the hoop targets

Cool-Down: Soilse Tráchtá Game

Colour call and react session... Glas =Run, Dearg =Stop, Oráiste=Walk, Bui=Reverse, Dubh=Lie on back, Ban=Lie on front, Gorm=stretch to sky

Stretching

Light Exercises

Equipment used

Cones, Bean bags, Hoops, Large Balls, Skipping Ropes, Canes, Domes (Cones on a pole!)

2 Warm-up: Moving Tunnels
Groups of 5/6... beanbag passed through legs to player behind. Child runs to end of line after passing. Activity is repeated until tunnel has crossed the entire zone.

Stretching

Light Exercises

Running: (Junior Classes Option)

Teams of 4 (2 on each side of zone) Beanbag is passed to teammate on the opposite side by running, walking, hopping and skipping by turn.

(Senior Classes Option)

Parlauf Relay: Teams of 4-6 spread around the perimeter, running and passing the beanbag continuously for a given time, counting the laps completed.

Jumping

Use pairs of skipping ropes closely spaced on the ground to explore hopping, jumping from two feet to two feet, one foot to two feet and one foot to the other.



Throwing

Overarm throw for distance and accuracy using coloured hoops arranged as graded targets.

Cool-Down: Bridges

A rolls ball through B's legs and collects on far side. Then, through 5 different bridges... holding ball high to finish. Reverse A and B partners and repeat!

Stretching

Light Exercises

3 Warm-up: Bean Bag Tag
6-8 beanbags are passed around zone by runners. 4 chasers wear braids/bibs.

Chasers can only catch the child in possession of the bean bag. If caught, they switch with chaser. (take braid)

Stretching

Light Exercises

Continous Running: (Junior Classes)

Groups of 4... following the leader. The leader alternates on signal for turn each.

(Senior Classes Option)

Run in groups of 4 for given time. Each group is given a letter of the alphabet to find countries, foods, popgroups, boys or girl's names beginning with that letter, as they run together.



Jumping

Explore jumping over very low obstacles (Canes on cones), jumping from two feet to two feet, one foot to two feet and one foot to the other. Use standing jumps and running/bouncing approaches.

Throwing: 2 handed overhead throw

Use a large ball while seated and standing. Then try with an approach run to sideline.

Cool-Down: Make the Number

Jog around perimeter, and on the call, form groups of that number in the zone.

Stretching

Light Exercises

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