

## Session Plan – Ready Set Sport Delivery 2 & 5

<b>Teacher</b>	CCC Staff	<b>Venue</b>	
<b>Session title</b>	Ready Set Sport Session 2 Athletics	<b>Time</b>	<b>1 hour</b>
<b>Child Outcome</b>	<p><u>At the end of this session participants will be able to develop:</u></p> <ol style="list-style-type: none"> <li>1. Exposure to Life skills, consequently building personal character.</li> <li>2. Gross motor skills including: <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Balancing</li> </ul> </li> </ol>		
<b>Resources/ Equipment</b>	<p><u>Athletics Based Exercises:</u></p> <ul style="list-style-type: none"> <li>• Markers</li> <li>• Hoops</li> <li>• speed ladder</li> <li>• bean bags</li> <li>• skipping ropes</li> <li>• soft animals or soft footballs</li> </ul>		
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Confirm all advertisements have been achieved</li> <li>• Plan travel arrangements, prepare and pack clinic resources and above.</li> <li>• Complete event checklist, vehicle inspection checklist and risk assessment and safety checklist all held in event booklet</li> </ul>		

Time	Activities
<b>INTRODUCTION</b>	
5 min	<ul style="list-style-type: none"> <li>• Welcome and Introduction – Refer to event booklet.</li> <li>• Introduce yourself and staff to the participants. Confirm the capacity of those in attendance to actively participate.</li> </ul>
10 mins	<p><b>Warm Up</b></p> <p><u>Opposites</u></p> <ul style="list-style-type: none"> <li>• Mark out circle 10m radius</li> <li>• Children stand around circle</li> <li>• Coach explains they must run clockwise around circle</li> <li>• BUT when coach calls out an instruction, they must do the opposite</li> <li>• e.g., GO = STOP, - Stop = Run, Up = Touch ground, Down = Reach for sky</li> <li>• Play for a few minutes, adding in dynamic stretching while moving around. (butt kicks, star jumps, lunges, High skips, high knees)</li> </ul>

15  
mins

## Running activities

**Run** - Fundamental Movement Skill include running start, running posture and running around cone.

Standing start- Explain and teach a standing start.

- Line children up on the line all together stepping through starts, refer to emphasis for step through.
- Run through 5 times or more if felt necessary.
- 10 -20 metre distance.

### **Emphasise:**

"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.

"Set"

- Bend at hips and knees.
- Opposite arm and leg forward.
- Vision at ground, 1 metre in front of feet.

"Go"

- 5 x 10m starts.

Individual run over 20m- Practicing their start technique, practice their starting position while thinking about how we hold our bodies while running, refer to emphasise.

- First run 50%
- 2<sup>nd</sup> run 75%
- 3<sup>rd</sup> run 100%

### **Emphasise:**

- Head still
- Straight tall body
- Knees up
- Arms bent moving up and down

### "Up and back relay"

- Select teams of 4-6 or split into 2.
- Children line up in teams behind a ground marker.
- Another marker is placed 10m-15m in front of each team.
- The children run up to the marker, touch the marker with hands,
- Run back to their team to tag to the next person in line.
- Relay is finished when all children have had their designated number of turns and winning team is seated.

### **Emphasise:**

- Use of arms.
- Quick, light steps.
- Starting position ready to get tagged

**Beach Flag Game**- Practicing starts – change up starts

- Have all children line up next to each other one line.
- Have a designated finish line where soft toys or balls are for children to run too. There will be one less object than children. Eg, 7 children, 6 balls.
- Start in Lying down or turning opposite way or facing the right way.
- On go children race each other to collect a ball or toy.

**Emphasise:**

- Use of arms.
- Quick, light steps.
- Starting position ready if facing right way

**Jumping activities**

**Jump** - *Fundamental Movement Skill include progressing footwork to run and jump*

**Basic long jumping skills-**

- Line children up along a line and mark out an end 10-20 metres.
- Children work from end to end becoming familiar with jump types.
- jump like frog – from two feet to two feet (5 times)
- One foot to two feet (5 times)
- From one foot to two feet from a jogging approach (5 times)
- Ask the children to balance and remain in one spot upon landing for a few seconds, avoiding falling back.

**Emphasise:**

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

**Leap Frog relays over 10m**

- Separate into teams
- Mark out distance, 10-15 meters
- Mark start and finish cones for teams
- Relay for children to show and demonstrate leap frogs

***Emphasise:*** *Bending legs on landing ("Land like a frog").*

**Throwing activities**

**throw** - *Fundamental Movement Skill include pushing action, twisting body and pushing*

**Skill Development**

- 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.

**Emphasise:**

- The pushing actions.
- Elbows up and away from the body.
- Hands and fingers follow the bean bag towards the target.
- Using two hands, the children push the bean bags to a target while: Sitting, Kneeling, Standing.
  - Put from next to their neck into the ground approximately one metre in front of them
  - Can do with partner
- Now once child is standing break down the side pushing action, refer to emphasis

**Emphasise:**

- 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.
- Instruct the children in the basic preparatory stance for a standing put.
- Side on stance.
- Bean bag against neck, under jaw, in front of ear.

**Hoop Targets Relay**

- 2 Teams
- Putting into practice to push technique.
- 1 hoop in front of each team, 1 or 2 metres in front
- Take in turn trying to shoot put in hoop
- 1 point for every time it lands in hoop.
- can put timer on for certain amounts of time and see what score is or make first team to certain score

**Emphasise:**

- Put from neck. (Under jaw, in front of ear, next to windpipe).
- The pushing action.
- Elbow up and away from the body.
- Hand and fingers follow the shot towards the target.
- Instruct the children in the basic preparatory stance for a standing put.
- Side on stance.
- Bean bag against the neck, under jaw, in front of ear.

**COOL DOWN**

5 mins	<p><b>Stretches</b></p> <ul style="list-style-type: none"> <li>• Create a circle</li> <li>• Explain stretches and why they are important</li> <li>• Dynamic (Leg swings, star jumps, lunges, High skips, high knees)</li> <li>• Static (touch toes, quad stretch, arm stretch)</li> </ul>
--------	---

**CONCLUSION**

5 mins	<p>Get feedback on how the participants felt doing the program. Video interview with children about the fun they are having.</p> <ul style="list-style-type: none"><li>- Did you have fun?</li><li>- Did you learn how to run, jump and throw?</li></ul> <p>What was your favourite thing about today?</p>
-----------	--