



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Athletics

WITH THIS ACTIVITY IF THERE ARE 2 OR MORE PEOPLE THEN DO IT AS A MINI OLYMPICS. PICK A COUNTRY TO BE AND AWARD POINTS PER EVENT!

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Running/Movement Races	<p>Time yourself how long it takes to complete a short sprint</p> <p>Short distance</p> <p>Medium distance</p> <p>Further distance</p> <p>If getting bored of running/sprinting can do different movements (jumping, skipping, galloping etc).</p> <p>Teaching points: correct running motion, as fast as you can, even paces, look forwards</p>	<p>If 2 or more people you can race against each other.</p>		Time
10 – 15 mins	Long Jump	<p>Start at a specific point and see how far you can do a standing long jump.</p> <p>Use something to mark your jump and try to beat it.</p> <p>Teaching points: bend knees, explode using legs, swings arms, land still</p>	<p>If 2 or more people you can see who can jump the furthest.</p>	Marker	Leg Strength



10 – 15 mins	Shotput	<p>See how far you can shotput a ball (object) using the correct shotput technique (not a throw).</p> <p>Use something to mark your attempt and try to beat it.</p> <p>Teaching points: hold in palm of hand, 1-foot forwards bend back leg for power, push forwards like you're high fiving</p>	If 2 or more people you can see who shotput the furthest.	Marker Ball	Strength
10 – 15 mins	Long distance	<p>See how many lengths of your space you can do in 5 minutes.</p> <p>Teaching points: pace yourself so you can last the time, even paces, go quicker as the time goes</p>	If 2 or more people you can see who can do the most lengths.		Endurance