



PE Home Learning Years 5 and 6

Lesson Plan Ideas - LESSON 1



Learning objectives:

1. To explore and develop a sprint start technique.
2. To evaluate and improve a performance.

Warm up: Use a safe space to warm up. Do these warm up exercises on the spot:

- Jog on the spot for 1 minute
- High knees x 10
- Heel flicks x 10
- Ladder climbs x 10
- Repeat
- Stretches (use the technique card to help you).

Task 1: **Look at the sprint start technique card.** The sprint start is used at the start of a sprinting race. This would include the 100m sprint, 80m hurdles and 200m sprint. We are going to break it down into three key phases. This can be performed in a small space.

Phase 1: 'On your marks' - Get into the starting position.

Phase 2: 'Get set' - Link phase 1 and 2 together.

Phase 3: 'Go' - Link phases 1-3 together.

Now practice linking the three phases smoothly together to perform the sprint start. DO this 3 times.

Task 2: Choose one of the challenges, A, B or C.

Challenge A: Use the technique card to evaluate and improve your sprint start. Check the teaching points against your technique. For example, is my back knee level with my front foot? Adjust your technique and perform the sprint start 3 times.

Challenge B: Record your sprint start and watch it back. Use the technique card to help you improve your technique. Adjust your technique and perform the sprint start 3 times.

Challenge C: Ask someone at home to watch your sprint start. Give them the technique card and ask them to help you check your technique, using the teaching points. Adjust your technique and perform the sprint start 3 times.

Task 3: **Race time!** We are going to end the lesson with two 'pretend' races (just the start and either sprint on the spot or take two strides). Ask someone at home to call out 'on your marks, get set, go' (you can always do this yourself or record yourself saying it and then play it back). Repeat and then ask yourself, which was the best sprint start - race 1 or race 2?

Cool down - stretches (use the technique card to help you).

Success Criteria:

Use these questions to help with your independent learning.

Can you name an athletics event when this technique might be used?

Can you name the three phases to this technique?

What are the key things you need to do to perform this technique?

Did you find something in your performance that needed improving?

How did you improve your performance?

Imagine that you have 1 minute to teach this technique to a complete beginner - could you do this?

Learning objectives:

1. To explore and develop a sprint start technique.
2. To evaluate and improve a performance.

Warm up and cool down stretches:



Sprint Start Technique

On Your Marks



- Rear knee should be level with front foot
- Form a 'V' behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands

Get Set



- ❖ Raise hips higher than shoulders
- ❖ Lift legs at the knees
- ❖ Body weight on hands and feet equally

Go!



- ✓ Drive knee of rear leg forwards
- ✓ Extend front leg out
- ✓ Lean forwards
- ✓ Don't become upright too early