

Athletics Lesson

You could play this with a sibling. Have an adult at home help you.
To learn to move at different speeds for varying distances

Equipment – socks



Warm Up and Introduction

Remote control game:

Stand in their own safe space away from anyone or anything. Begin by walking around the space. Then begin to gently jog around the space.

Move around the area, responding to the following instructions:



Play: walk



Fast forward: jog



Rewind: walk backwards



Pause: jump up and down on the spot

Skill Development



Gears:

Lay 4 socks around your space. Standing next to one sock, respond to the following instructions:

Gear 1: March on the spot

Gear 2: Jog on the spot

Gear 3: Sprint on the spot



What did you have to do differently with your body when they were jogging or sprinting? Repeat the gears activity – this time, emphasise lifting your knees high to sprint in gear 3.

This time travel from sock to sock. Use high knees and quick steps for sprinting.

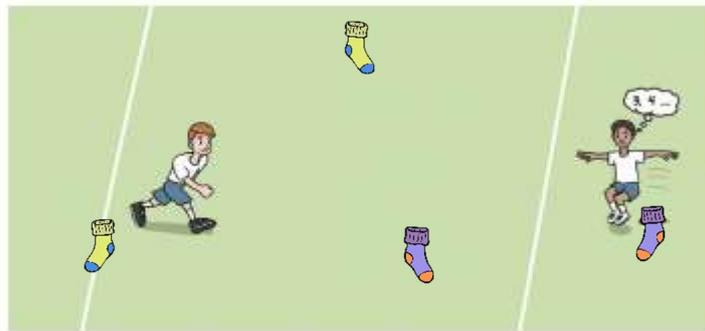


Time this: Time yourself doing 10 jumps over the sock. Jump with both feet together.

Then, see how many times you can walk from sock to sock making a loop around your space in 30 seconds. Walk with a tall upright back and swing your arms low at the side of your body.

Repeat the activity and see if you can beat the number of jumps or the number of laps you walk around the socks.

Next, try jogging around the socks. Try and beat the number of laps you make each time. Remember to be safe as you travel around your space.



One minute non-stop: Try and jump over one of the sock side to side again for one whole minute. Then try to jog around the socks for a whole minute.

It is important to persevere when the challenge gets hard.

To finish –

How did it make you feel both physically and mentally to try to keep going for one minute?

