

Unit 6: Running / throwing / jumping (class competition)

**LEARNING
OUTCOMES**

The student will:

- perform a throw from chin and behind head
- perform a standing long and standing triple jump
- change baton efficiently in relays
- score a simple sportshall competition
- perform a speed bounce test.

EQUIPMENT

Score cards/blackboard, bench, football, indoor shot or medicine ball (2kg), cones/reverser boards, gymnastic mats, 2 tapes, baton, speed bounce mats.

CLASS ORGANISATION

An area of at least 30x20 metres - inside/outside is required.

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	Walking, jogging in one direction around the 30x20m area - a stick baton between 2 - exchange baton drill - skip drill: stepping/hopping drills (see resource material).	Right to left hand Trail runner moves to front after delivering the baton
Development	<p>Students organise themselves in 4/5 teams - each group requires score card and pen (see resource material).</p> <p>Each team begins at one of the five stations</p> <ul style="list-style-type: none"> • Standing long jump • Standing triple jump • Medicine ball throw / shot putt from neck • Seated football throw from behind head • Speed bounce <p>All teams compete in relay(s).</p>	<p>Teacher will have floor / area pre-marked (see map of floor - resource material), and will have general score sheet (perhaps on blackboard).</p> <p>Briefly explain what is required at each station.</p> <p>Teacher moves each group to new station when each student has had his/her attempts. All measurements to accuracy of $\frac{1}{4}$ metre.</p> <p>Teacher may choose one from resource materials.</p>
Conclusion	Overall scores are recorded onto a board.	