## Year 2 Athletics Lesson 2 Objectives

- To demonstrate a degree of balance control (all).
- To be able to change speed and overcome obstacles (most).
- To complete a distance run (all).
- To demonstrate good sprint technique when running (some).

### Introduction/ warm up (Connection and Activation)

**Link Game**

Get players into pairs. 1 pair starts the game - 1 = cat and 1 = mouse
Cat has to try and catch the mouse. Mouse can link on to another pair at any point – the person they link onto their partner then becomes the mouse. If cat catches the mouse roles reverse.

<table>
<thead>
<tr>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
<tbody>
<tr>
<td>5-10 min</td>
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### Main (Development/ Application)

**Development:**

- Groups of 5 (matched on ability)
- Person at the front leads the train jogging at even pace.
- On whistle child at the back sprints to the front
- Once at the front they then control the pace
- Ensure everyone has several turns at sprinting to the front of the train.

**Application:**

- Set up obstacle course over as large a space as possible (i.e. playground)
- If group is very large make 2 medium courses
- Walk children round the course explaining how to complete each obstacle.
- Decide a safe point at which the next child can begin the course e.g. when the previous child is past the third obstacle.

**Cool Down:**

- Cool Down Relay:
  - Each child runs 40 meters – ideally teams of 10.
  - Space children out around the 400m area/track.
  - First team to complete full lap wins.
  - Mix groups with different abilities to even out teams

### Plenary:

- Questioning – *How did we work as a team? What's an obstacle? Why did we run at an even pace?*