### Year 3 + 4 Athletics

#### Learning objective:
- **Understand how to complete a team relay race**
- **Be able to take part in a relay race (all)**
- **Be able to pass and receive relay baton (most)**
- **Be able to pass and receive relay baton whilst moving (some)**

#### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Robin hood - Mark out a large circle with a smaller circle (treasure chest) in the middle. In 2s pupils will wait on outside of large circle and alternatively go and fetch equipment from the middle. When pupil gets back with equipment they must pass the equipment back to their partner before they can go. | 10 mins | Extend:  
- Add defenders  
- Bigger treasure chest  
- Players must take equipment on the move |

<table>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| In teams of four, teams will pass down relay baton down the line. First of all do this standing still and keep passing baton down until the team have reached a designated end line. In teams of four, find out ways of running:  
- The longest distance as a relay team over times of 1 minute, e.g. 1 minute 30 seconds, 2 minutes, 3 minutes  
- Adaptations and variations on the task  
- Run for longer distances or times, e.g. 120m, 180m, to make the task more challenging  
- Run for shorter distances or times to make the task less challenging  
- Tackle different types of course, e.g. circular, up and back, using obstacles | 5 mins | - listen for the command from their partner - hold their arm out long with the palm open and up - react quickly without looking around - attempt the task using both dominant and nondominant hands - pass the baton at arm’s length holding it at one end so there is free baton to grasp on passing |

10 mins
<table>
<thead>
<tr>
<th>Relay Race</th>
<th>15 mins</th>
<th>Support</th>
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</thead>
<tbody>
<tr>
<td>● Keeping children in their teams of 4/5. Space them out across 200</td>
<td></td>
<td>● Pupils go on teachers command</td>
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<tr>
<td>meters. Each runner has 50 meters to cover before passing the baton on.</td>
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<td>● Use ball/bib instead of Baton</td>
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<tr>
<td>1st runner starts with baton in right hand- 2nd receives it in left, 3rd</td>
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<td>● Go Stationary</td>
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<tr>
<td>right and 4th left. Team needs to decide which change over mode they are</td>
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<td>Extend</td>
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<tr>
<td>going to use</td>
<td></td>
<td>● Take baton of partner on the move</td>
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<td>● Curve runs</td>
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<tr>
<td>Plenary</td>
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<tr>
<td>Refresh learning objectives</td>
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<tr>
<td>Questions: How do we complete a relay race? Describe the techniques you</td>
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<tr>
<td>can use to pass the baton to your partner? What will help you when you’re</td>
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<tr>
<td>passing the baton to your teammate?</td>
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</tbody>
</table>