## Year 4 - Athletics - Mini Olympics

### Learning objective: Compete in a range of athletic activities
- To take part in all mini Olympic activities (all).
- To draw on all the skills/techniques we have learnt in athletics for the activities (most).
- To challenge ability in all events (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>
| **Froggy Froggy** - 2-3 children play the Frogs in the middle of the area. The rest of the group line up on the edge of the box. To get a point, players must get to the opposite side without being tagged. | 10 Minutes | Extend:  
- Change the way of travelling across/ add more frogs |

<table>
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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
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<tbody>
<tr>
<td><strong>Olympic theme</strong> - Make all events competitive and record all results Sprints. Split the group into teams of 4-6. The 1st person from each heat will run in the final. Task = to sprint 60m as fast as possible.</td>
<td>10/15 Minutes</td>
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<tr>
<td><strong>Throws</strong> - Throwing a Javelin for distance. Everyone gets three throws – add up points scored in each of the throws. ● Red = 1 ● Blue = 2 ● Green = 3 ● + Green = 4</td>
<td>10 Minutes</td>
<td></td>
</tr>
</tbody>
</table>
Standing Long Jump -
Stand feet comfortable distance apart. Arms up in the air out in from. Jump as far as you can forwards and land on 2 feet – steady. Jump will be measured from the back of your heels.

Distance Run -
Start with toes behind the line. When the whistle blows run 2-3 laps (football pitch, field, playground). Keeping to outside of cones.

Extend:
- Add a 3 step run up.
- Make sure there is a line where you must make sure they have jumped before crossing.

Plenary
- Refresh learning objectives
- Award Ceremony