# Year 4 - Athletics - Lesson 5 - Relays

## 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 a relay baton (most)
- Be able to pass and receive relay baton whilst moving (some)

## Lesson Structure

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<tr>
<th>Introduction / warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</table>
| **Robin hood** - Mark out a large circle with a smaller circle (treasure chest) in the middle. In 2s pupils will wait outside of a large circle and alternatively go and fetch equipment from the middle. When a pupil gets back with equipment, they must pass the equipment back to their partner before they can go. | 10 – 15 Minutes | Extend:  
- Add defenders  
- Bigger treasure chest  
- Players must take equipment on the move |

<table>
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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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| **Down the Line** -  
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. | 15-20 Minutes | |
• 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

**Slow Motion Baton Exchange** -

https://www.youtube.com/watch?v=jYvN1Qf1Jg

**Slow Motion Baton Exchange (Simplified Example)** -

https://www.youtube.com/watch?v=dlu55weKItI

**Relay Race** –

• Keeping children in their teams of 4/5. Space them out across 200 meters. Each runner has 50 meters to cover before passing the baton on. 1st runner starts with baton in right hand- 2nd receives it in left, 3rd right and 4th left. Team needs to decide which change over mode they are going to use.

15-20 Minutes

• 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.

Support:

• Pupils go on teacher’s command
• Use cone/bib instead of baton
• Go stationary

Extend:

• Take baton off partner on the move
• Curve runs.
<table>
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<tr>
<th>Plenary</th>
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| ● Refresh learning objectives  
● Questions: How do we complete a relay race?  
  Describe the techniques you can use to pass the baton to your partner?  
  What will help you when you're passing the baton to your teammate? |

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