Sample lesson plan: Athletics

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| Class | Number of Pupils: 30 | Gender: Mixed |
| Lesson Number: 1 | Lesson length: 30 mins |  |  |
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| Previous Experience |
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| Evaluation from previous lesson (focus should be on pupil learning) |
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| Lesson ObjectivesPupils will develop their ability to perform the standing long jump and be able to demonstrate a two-footed take off and landing. Through practice, they will demonstrate their effectiveness by improving the distance jumped. |
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| Equipment NeededCones, reciprocal cards, pencils, tape measures |
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| Lesson Content |
| Timing5 mins10 mins15 mins25 mins | ActivityChanging and introduction of learning objectivesWarm up: Bean gameStretchingJumping – standing long jumpCool downReview of learning objectivesChanging | OrganisationDefine working areaPupils work on their ownPupils work in pairsPupils work in pairs and practice taking off and landing using 2 feet.Pupils set up working area as defined on the reciprocal card.Pupils provide feedback to each other based on the teaching points included on the reciprocal card.Pupils work in pairs using the stretches from the warm up, but held for longer to improve flexibility.In pairs, pupils review their progress against the learning objectives. | EquipmentCones to define the working areaStretching pictures to add performanceCones to identify working areaReciprocal cards – Standing Long Jump (identifying correct techniques and progressions) | DifferentiationBy pupils in demonstrating different movementsTime - Pupils differentiate through the speed through which the progress. |