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 Objectives  Pupils 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 Needed  Cones, reciprocal cards, pencils, tape measures | | | | |
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| Lesson Content | | | | |
| Timing  5 mins  10 mins  15 mins  25 mins | Activity  Changing and introduction of learning objectives  Warm up:  Bean game  Stretching  Jumping – standing long jump  Cool down  Review of learning objectives  Changing | Organisation  Define working area  Pupils work on their own  Pupils work in pairs  Pupils 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. | Equipment  Cones to define the working area  Stretching pictures to add performance  Cones to identify working area  Reciprocal cards – Standing Long Jump (identifying correct techniques and progressions) | Differentiation  By pupils in demonstrating different movements  Time - Pupils differentiate through the speed through which the progress. |