

Unit 1

**LEARNING
OUTCOMES****The student will:**

- *develop his / her understanding of the principles of starting*
- *demonstrate the correct technique of a crouch start*
- *demonstrate his / her ability to jump for height.*

EQUIPMENT

Whistle, bollards, suspended balls.

CLASS ORGANISATION

Large indoor/outdoor area, students run in one direction.

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<i>Warm up</i>	<ul style="list-style-type: none"> • <i>Revision of running drills from level 1 – heel flicks, striding, knee raising. Include “cross-over stepping”.</i> • <i>Stretching routine</i> 	<ul style="list-style-type: none"> • <i>Jog between drills, look for good technique at all times.</i>
<i>Development</i>	<ul style="list-style-type: none"> • <i>Revise standing start from level 1</i> • <i>Practice ‘one hand down’ start</i> – Repeat x 6 / 8 • <i>Student on all fours to help develop:</i> Crouch Start – <i>Student/teacher demonstration first</i> – <i>Students practice in pairs</i> – <i>20m sprints using crouch start</i> • Jumping • <i>Revise verticle jump and one step verticle jump from level 1 (lead up to high jump).</i> • <i>Heading ball game!</i> 	<ul style="list-style-type: none"> • <i>Place weight on front foot, lean forwards, be on toes of back foot, opposite arm to leading foot in front, other arm back, push off fast on ‘Go’!</i> • <i>Place one foot to the line, but behind it. Weight is balanced forward onto this foot. Support body with one hand on the ground (see resource material).</i> • <i>On ‘Go’, push off the front foot, drive forcefully with both arms.</i> • <i>See resource material</i> – <i>Ensure the drive is low at ‘Go’.</i> – <i>Look for good technique at all times (position & drive)</i> – <i>Stand behind / to the side when starting students— vary stimuli (clap, whistle)</i> ^a <i>Drive with legs, swing arms, keep head and trunk upright.</i> • <i>See resource materials, you may play using 1 Step, 3 Step or 5 Step approach.</i>
<i>Cool down</i>	<i>Gentle stretching routine</i>	