

LEVEL 1 : 6 - 8 Years

Jumping Activities

Jumping - two feet to two feet

- jump on the spot
- jump forwards (small jumps)
- jump on the spot with stiff legs
- jump forwards, watch how you land
- jump up or forward, but with hands behind neck or on head jump high and use arms
- jump lightly, jump heavily
- small side to side jumps over a line
- standing jump for distance

Jumping - one foot to two feet

- standing jump for distance
- standing jump over low obstacles or lines "widening stream"
- 2 steps and jump for distance
- 2 steps and jump for height, try to head; a suspended flag or target, or raise the hips level with a target tied to a post 2 steps and jump over an obstacle

Hopping – one foot to same foot

- hop on the spot, first once then try 3x in a row
- hop high, swing arms up
- hop lightly, hop heavily
- hop forwards, hop backwards, sideways
- hop for distance onto a mat
- hop over a line or over the "widening stream"
- 3x hops in a row
- hop from side to side along a line
- hop over a low obstacle
- walk 2 steps and into hop
- walk 2 steps and hop to head a flag or suspended target, or raise the hips level with a target tied to a post
- walk 2 steps and into hop over low obstacle

Early Long Jump Activities

- standing hop into sandpit, try both legs
- standing jump, one foot to two feet, into pit
- walk 2 steps and jump into the pit
- jog 2 strides and jump
- walk 4 steps and jump
- jog 4 strides and jump

Early High Jump Activities

- stand front-on, walk 2 steps and hop onto a raised platform - practise using either leg
- stand front-on, walk 2 steps and hop over a low elastic - practise using either leg
- stand side-on to a line, practise a BENT LEG scissor jump over the line - it is one to other one and then together
- practise over a low elastic - stand side-on to the elastic and scissor jump over it - practise using either leg.

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RUNNING ACTIVITIES

THE FUNDAMENTAL PRINCIPLES TO ENCOURAGE

- light quick movements
- upright carriage of the head and trunk
- movement of the feet and limbs in a straight path
- the discouragement of unnecessary body movements, particularly those directed away from the central line of movement
- use of short arm levers, pivoting about the shoulder joint
- a high pick-up of the leading thigh
- extension of the support leg
- running "tall" and with "high hips"
- a slightly forward inclination of the trunk
- relaxation throughout

Exploring Space and Direction

- forwards, backwards, sideways, curved, zig-zag, around objects
- in pairs, each exploring a different path
- as you run, make the shape of the first letter in your name

Contrasting Light/Heavy Movements

- run lightly forwards or in a circle, or in other paths, or use images
- run heavily using various paths and directions, or using images e.g. giants, elephants
- run lightly on toes
- run flatfooted
- alternate light/heavy movements on whistle or clap
- run lightly around cones/discs, or skip lightly.

Running Slow/Fast

- run in slow motion, like a video on "slow play"
- run as fast as you can
- run at different speeds between 2-3 cones e.g slow, fast, slow
- run at different speeds along sides of a square run
- fast up to a marker and slow back

Running with Short Arms

- run between 2 markers with long straight arms
- practice short arms on the spot, one foot in front of the other
- run between 2 markers with short arms

Running to improve Agility

- Shuttle runs between markers, up and back 2x
- Object pickup, pick up first object and return it to start and so on until all objects are picked up
- Slalom runs, round 4-5 markers and run straight back, quick feet
- Standing start

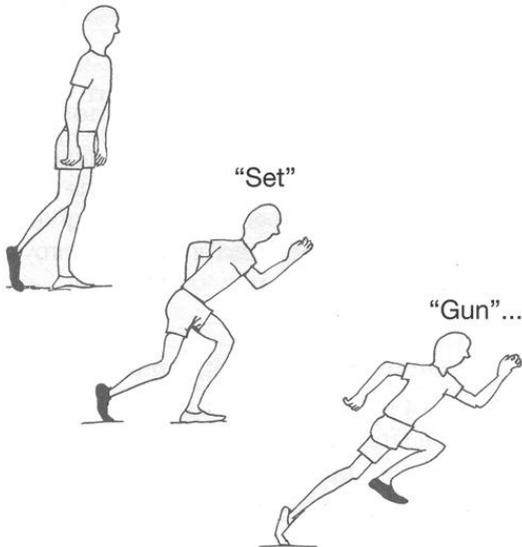
Standing Start

Note:

- it is **NOT** suitable to teach a crouch start to this age group
- a crouch start **MUST** use spikes and blocks and the children need greater leg strength and co-ordination

- practise standing start over 10 – 15m
- children have first to decide which foot to put forward
- then a group of 3 – 5 at a time to practise a start, send off in waves
- each group to stand on a line about 5m behind start line

“On your marks...”



COMMANDS:

“On your marks”

- move to start line, place one foot forward, weight on front foot, heel lifted on back foot and stand up straight, arms by side, look straight ahead

“Set” (note, not “Get Set”)

- bend knees, weight further over flat front foot, take body forward, bend both arms with opposite arm to front foot forward

“Gun” (or clapper board)...not “Go”

- push off on front foot, use arms and legs vigorously
- emphasise the pull through of the back leg

Major problems are:

- going into “Set” position when “On your marks”
- putting same arm as front foot forward
- lifting the front foot on the “Gun”, this means that the weight was not forward

Note:

- ensure all children can hear the commands, it may be necessary to include an action as well as sound

Level 1 : 6 - 8 Year

Throwing/Pushing Activities

Large Ball Activities - with two hands

- fingers pointing slightly inwards and elbows high
- encourage full extension of arms, not just a flick off the wrist to give a release angle of approx. 45°
- use a medium size soccer ball or netball (size 4)
- "SEE-IT-GO"

Seated

- practise hand position and chest push throw first without balls
- chest push throw for distance
- chest push throw at wall, above line drawn at shoulder height to give 45 degree path
- chest push throw for height
- chest push throw into hoop

Kneeling

- all the activities as for seated, kneel up, off heels
- to show that throws go further from a higher platform

Standing - front-on

- feet side by side, legs straight and push throw
- feet side by side, bend knees and push throw
- push throw for distance or into hoop
- with left foot forward (or right)
- start with feet side by side, step forward with left foot (or right)

Bean Bag / Soft Shot Activities - with one han

Seated, then kneeling

- push throw for distance
- push throw at wall as with large ball
- push throw for height
- push throw into hoop

Large Ball Activities - with two hands

Seated

- "soccer" throw-in

Kneeling

- "soccer" throw-in

Standing - front-on

- feet side by side, legs straight and push throw
- feet side by side, bend knees and push throw
- with left foot forward for right
- start with feet side by side, step forward with left foot or right

Beanbag / Small Ball Activities - with one hand

Standing

- small ball throw (L or R foot forward)
- start with feet side by side, step forward with left foot (or right)
- small ball (or beanbag) throw over rope or bar (L or R foot forward)
- or throw above line on wall
- or throw at target on wall

Level 2 : 8 – 10 years

RUNNING ACTIVITIES

Because of the different rates of physical development it is important to include Level 1 activities where necessary

Exploring Direction

- run a crooked path
- run backwards
- run with feet very wide
- run a straight path with feet and legs
- coming through straight, to make two parallel paths

Running Tall/Low

- exaggerate running low
- running tall, on toes, hips high, make yourself "grow" a few cms
- in pairs, one running tall, one running low and compare

Running Slow/Fast

- on spot, run slowly
- on spot, run fast
- over 15 - 20m, run very fast with short strides
- over 15 - 20m, run very slow with long strides

- run normally
- run normally but try to make legs go faster

Running with Short Arms

- on spot, run with long, straight arms, then try to speed up
- over 15 - 20m, try to run fast with long straight arms
- over 15 - 20m, try to run fast with hands clasped behind back
- standing still in the "On your marks" position, practice using short arms, both together

Reacting Quickly

- Sit crossed legged on the ground, on clap, get up quickly and run past a marker.
- As above, but in pairs, one sitting 2-5m in front of the other, back runner to try to catch front runner
- Lie face down, head pointing in direction of run, on clap, get up run past marker

Level 3 : 10 – 13 years

RUNNING ACTIVITIES

Running with Good Style

- run, keeping head still and "looking straight ahead"
- run in a straight line
- running "tall", on the toes, try to grow a few cms
- run with good knee lift (but don't lean back)
- running with a good arm action
- running "smooth and fast" with no tightness
- runs over 20 - 40m with smooth and efficient running style
- eyes looking straight ahead
- short arm action
- back leg extended
- encourage toe up on front foot
- slight body lean

Simple Drills

- on spot, slowly lift one knee at a time, keep hands on hips
- on spot, march slowly, hands still on hips
- slowly march over 5m, hands on hips, VERY small steps
- march as above but use correct arm action

Note:

March drills are only done on flat feet - so children don't bob up and down

- emphasise bringing knees to horizontal position
- only bring in arms when march is satisfactory
- toe of lifted leg should be pulled up (not pointing down)
- if necessary revise correct arm action

Level 2 : 8 – 10 Years

Jumping Activities

Long Jump Activities

Two hoops, first hoop for take off foot, second hoop for landing. Hoops about 30cm apart

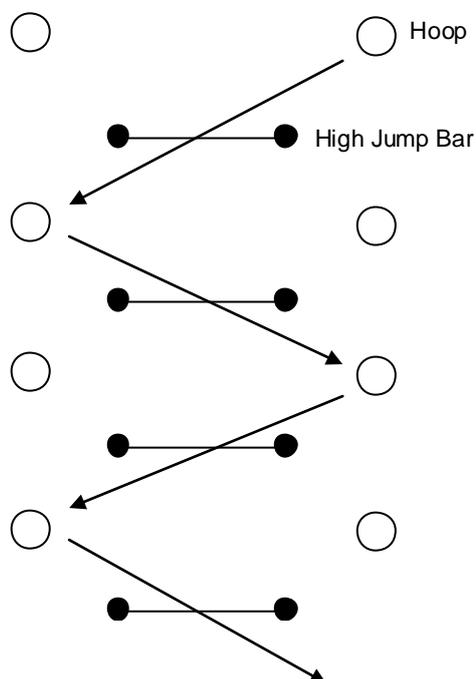
- 2 foot start, step onto takeoff foot, land 2 feet
- walk 2 steps into jump (one foot to two feet)
- walk 2 steps into jump {one to two} over obstacle
- short run of 2 to 4 strides into jump over obstacle into pit
- short run of 2 to 4 strides into jump to head a suspended target
- short run of 2 to 4 strides into jump - clearing a small sand "wall" as they land
- short run of 4 to 8 strides into jump onto high jump pad use arms
- knee lifted - toe up
- short runs of 4 strides into jump for distance
- gradually build up to jump for distance, using a metre board.
- **MAX RUN UP AGE + 2 STEPS**



High Jump Activities

From both sides, over a line or a low obstacle or elastic bar

- 1 step scissor
- progress to 2, 3, 4, 5, 6, 7 step scissor
- 5 step walk or run into a hop onto a high platform
- 5 step walk or run into a leap onto a high platform
- revise standing scissor action, practise
- 5 (or 7) step scissor run up, last 2 step quick, practise tempo running. 1-2-3 12



- 45 degree approach angle

LEVEL 2 : 8 - 10 YEARS

Throwing/Pushing Activities

Large Ball Activities - with two hands

Seated, kneeling then standing, front-on (feet side by side)

- chest push throw for distance
- chest push throw at wall, above line drawn at shoulder height to give 45° path
- chest push throw for height
- chest push throw into hoop

Standing - front-on

- feet side by side, bend knees and push throw for distance or into hoop (a)
- with left foot forward (or right) (b)
- start with feet side by side, step forward with left foot (or right)

Kneeling - on one knee – turning torso

- kneel on right knee, turn torso to side while holding ball in front of face, chest to front then push out

Standing - side-on

- practise side-on position and transfer of weight to front
- legs straight (a), transfer weight, chest to front and push
- as above, take weight on bent back leg, transfer weight, chest to front and push

Soft Shot Activities – one hand

Standing Front on

- Practise holding soft shot
- Progress through seated to kneeling to standing with feet side by side
 - Push soft shot for distance
 - Push soft shot for height
 - Push soft shot into hoop

Standing front on

- Feet side by side, bent knees
- With left (or right) foot forward
- Start with feet side by side, step forward

Standing - side-on

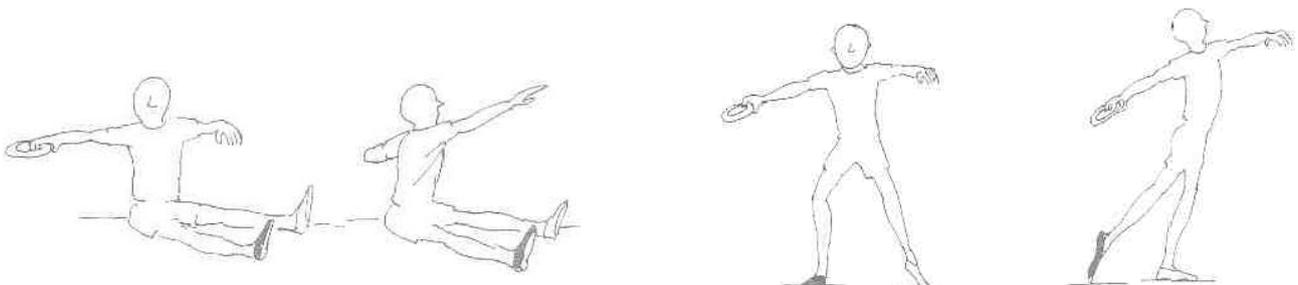
- practise side-on position and transfer of weight to front
- legs straight (a), transfer weight, chest to front and push
- take weight on bent back leg (b), transfer weight, chest to front and push

Large Ball Activities - with two hands

- seated, kneeling, then standing fronton with left foot forward - "soccer" throw-in
- "soccer" throw-in, enforced L. foot lead

Slinging Activities

- sit front-on, and sling the object, the arm will have to swing back first
- kneel and sling object
- Broom Stick
- Practise side on position and transfer of weight
- Standing side-on, legs straight, transfer weight, chest to front and sling
- standing side-on, take weight on bent back leg, transfer, chest to front and sling



Level 3 : 10 - 13 Years

Throwing Activities

Large Ball Activities – two hands

- Seated
- Double kneeling
- Standing
- Kneeling
- Standing side on

Soft Shot Activities – one hand

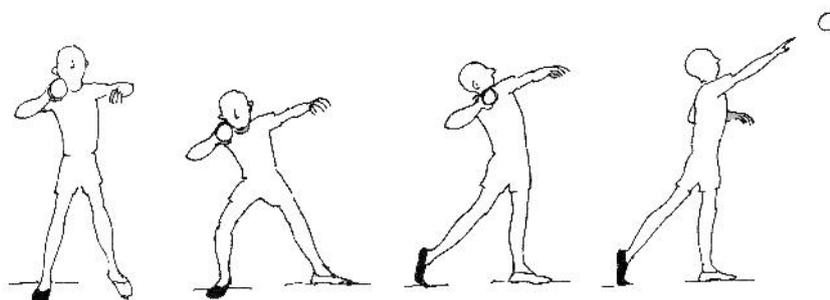
Practise holding the soft shot

Progress through Seated to kneeling

- Standing
 - front-on (feet side by side) start with straight legs, and push
 - front-on (feet side by side) start with bent knees and push
 - front-on (feet side by side) start with straight legs, bend knees and twist upper body side before pushing out
- front-on with left foot forward (or right)
- start with feet side by side, step forward with left foot (or right)
- kneeling - on right (or left) knee, turn torso to side, chest to front then push out

Standing - side-on

- practise side-on position and transfer of weight to front
- legs straight, transfer weight, chest to front and push
- take weight on bent back leg, transfer weight, chest to front and push out



Slinging Activities

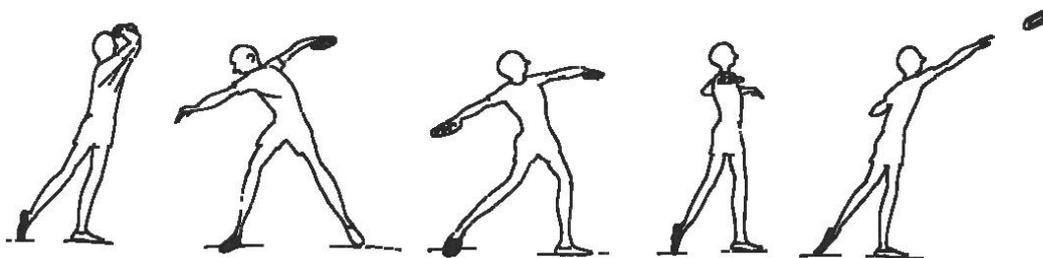
- Seated
- Standing
- Progress from Front on to side on

Drills to Practise the Swing:

- stand with left foot in front, swing the arm holding the discus in front of the body and back again
- stand with feet in side-on position, weight on bent back leg

The Release:

- hold the discus vertically, in front of the body and supported by the non-throwing hand, squeeze upward with the little finger so that the discus rolls out of the hand across the forefinger
- as above but throw the discus forward first before letting it land to roll
- as above but throw the discus up in the air and watch it land and roll forwards



- support the discus with the non-throwing hand by the shoulder (a), take the discus off the support and with a long-arm swinging action, take it as far back as possible (b) and then back to the support
- Standing throw - side on