

Spar Lancashire School Games

Learn!

Week 9 - Athletics

Equipment: something to use as a marker i.e. socks, plastic bottles, tin, toy etc.

Aim: To estimate how far you can run in 2 and 3 seconds. To run as far as possible in 2 and then 3 seconds. To create a series of 5 different jumps to cover the distance run in 2 and 3 seconds.

Video Demonstration

Task 1 - How far can you run in 2 and 3 seconds?

With limited space try and run for 1 second or 1 and then 2 seconds.

- The child starts on a line and takes a marker to a distance they estimate they can run to in two seconds and another marker to where they think they can run to in 3 seconds.
- On command GO the child runs from the line as fast as they can towards the first marker with parent/sibling timing, after 2 seconds the parent/carer shouts STOP and marks where the runner reached in two seconds.
- (Q) How near to their estimate were they? Ask the child to see if they think they need to change the second marker.
- On command GO the child runs from the line as fast as they can towards the second marker with parent/sibling timing, after 3 seconds the parent/carer shouts STOP and marks where the runner reached in three seconds.
- Repeat to try and beat your distance in 2 seconds and then 3 seconds.
- Mark the final positions, as you will need these for task 2.



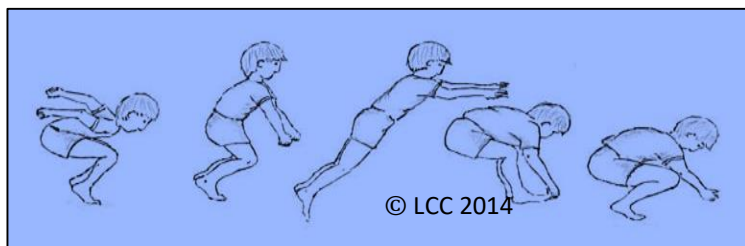
Points to help running fast

- Start with a wider sideways stance and bent knees.
- Drive your arms and pump your knees

Task 2 - 5 Jump challenge

1. From the starting line how many jumps (from 2 feet to 2 feet) does it take to reach the first marker?
2. How many jumps does it take to get to the second marker from the starting line?
3. From the starting line how many jumps does it take to get to the first marker using the following jumping sequence - Start from 2 feet and jump to one foot, from one foot jump to two feet, from two feet jump to the one foot (other foot), jump one foot to two feet then repeat.

Jumping 2 feet to 2 feet



Points to help improve jumping 2 feet to 2 feet

- Start in the ski position with arms back behind you in preparation to jump.
- Swing arms forward and take off
- Land on both feet and bend knees

Task 3 - Challenge

- Can you create a combination of 5 different jumps to reach the second marker?
- How many jumps did it take?

Spar Lancashire School Games

Stay at Home Heroes Challenge

Linked to Learn! 9 - Athletics

You have been busy practicing athletics and now we want you to practice these 3 challenges in preparation for next week's Spar Virtual Lancashire School Games 2020!

[\(30th June-Spar Virtual Lancashire School Games information\)](#)

Athletics

Challenge yourself, and your friends, to see who can **'Achieve their Personal Best on these 3 sports day challenges'**

Challenge 1- Obstacle Race (page 8)

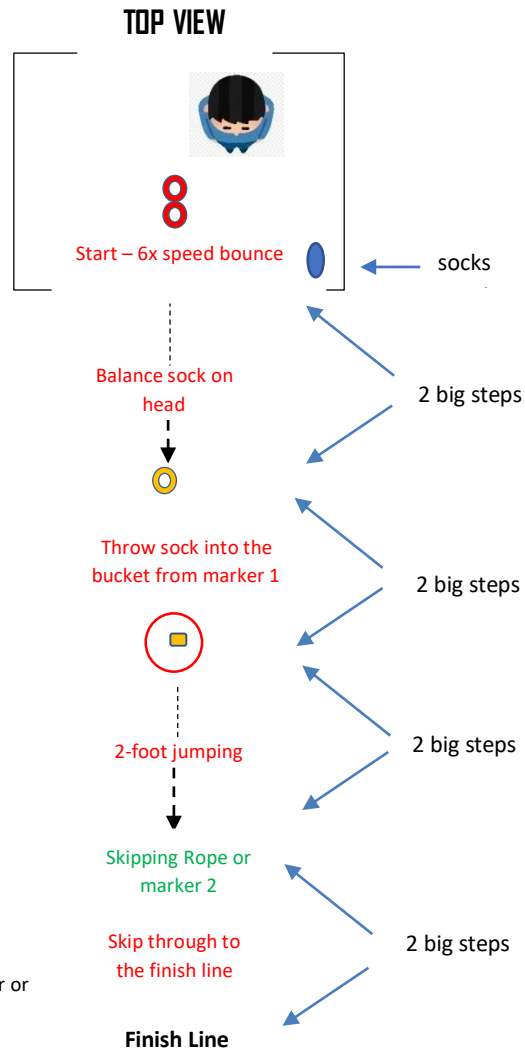
Challenge 2- Distance Throw (Page 9)

Challenge 3- Long Distance Run (Page 10)

If you're trying these challenges from home then [please click here for the home versions of the challenges!](#)

Spar Lancashire School Games PB Sports Day

Sports Day Activity: Obstacle Race (Video Demonstration)



Equipment:

- 1x tea towel folded into a marker for your speed bounce
- 1x pair of balled up socks to balance on your head
- 1x toy or object to act as a marker
- 1x bucket for your target
- 1 x skipping rope (if no rope, skip without) or marker

Tips to Improve:

Speed Bounce: quick, low jumps, landing as close to the cone as possible.

Sock balance: quick but steady travelling, try not to bounce.

Sock throw: Underarm throw, think about how much power you need and when to let go of the bean bag. Step forward with opposite foot to hand

2-foot jumping: quick, big bounces, jumping as far as possible.

Skipping: Time stepping through the rope as it comes in front of you.

Set Up and Take Part:

Set up as in the diagram - using the space you have available. Place your folded tea towel at the start for the speed bounce and your pair of socks just to the side. Take two big steps forward and lay down a toy or object to act as marker one, take two big steps forward from this marker and set down your bucket/basket or box, take two big steps forward from your bucket and lay down your skipping rope (if you have no skipping rope, set down another marker, take two big steps forward and set out your finish line.

Parent starts the watch and shouts 'go',

Start with 6 speed bounces, then pick up the sock, place it on your head and travel to marker one.

Take the sock off your head and throw into bucket, it must go in before moving on. If miss, collect come back and throw again.

Run to the bucket and jump 2-foot to foot through to the skipping rope or marker two.

Skip through to the finish line. Parent stops the clock as you pass through the finish line.

Have another go and try and beat your first time, challenge a parent, carer or sibling

Sports Day Activity: Distance Throw (Video Demonstration)

A diagram showing a person in a box. A blue arrow points from the text "Socks" to a green square. Another blue arrow points from the text "Throw line" to a red square. A large blue arrow points downwards from the box.

- 3x tennis balls or pairs of balled up socks
- 3x different objects to mark where each ball hits the ground
- Throw line marker – any household object

Overarm throwing - Stand sideways on to the target, step forward with opposite foot/leg to throwing arm.
Generate more power by rotating your core at the hips.
The more speed your arm can move and the better synergy between your arm and body, the more distance you can throw.
Aim up and out, not down at the ground, ideally approx. 45 degrees throwing angle.

1. Learn from the throws you do. How hard to throw? When to release? What action gave you the most success?

1. Set up your track area by marking down a start and finish line as well as turnaround markers. This could be in your garden or at your local park or green space.. The distance of the run will be determined by the space you have available. Approx. 30/40m for Year 3-6 and 20/30m for Reception to Year 2.
2. Children stand at the start line with the timekeeper on the finish line.
3. Timekeeper shouts 'go' and child sets off at a steady pace.
4. Travel down the lane, around the turnaround cone/object and back up, around that turnaround cone/object, this equals 1 lap. Complete 6 to 8 laps for KS2 and 4 to 6 laps for KS1.
5. When completed the laps, travel back down and through the finish line. For example, this will mean the children complete 6 ½ laps.
6. Timekeeper stops the timer as the child crosses the line.
7. Make a note of their first time. Allow a long rest period before allowing another attempt to see if they can beat their time. Each child has two more opportunities to improve their time (you can move onto another activity before repeating this activity). See how much of an improvement they have made by comparing the original time and the PB time. The better the improvement the better they have done
8. Challenge you a parent/carer or sibling and work out what their improvement is.

Spar Lancashire School Games PB Sports Day

Sports Day Activity: Long Distance Run (Video Demonstration)

Equipment:

- Any object to mark out the start and finish line as well as a turnaround marker (e.g. cones, toys etc)
- Stop Watch

Tips to Improve:

1. Long distance running is about pacing yourself and trying to jog/run the whole way without stopping.
2. Find your comfortable pace, increasing this pace, if you can towards the end.
3. Control breathing - concentrate on trying to breathe in through your mouth and out through your nose.

Set Up and Take Part:

9. Set up your track area by marking down a start and finish line as well as turnaround markers. This could be in your garden or at your local park or green space. The distance of the run will be determined by the space you have available. Approx. 30/40m for Year 3-6 and 20/30m for Reception to Year 2.
10. Children stand at the start line with the timekeeper on the finish line.
11. Timekeeper shouts 'go' and child sets off at a steady pace.
12. Travel down the lane, around the turnaround cone/object and back up, around that turnaround cone/object, this equals 1 lap. Complete 6 to 8 laps for KS2 and 4 to 6 laps for KS1.
13. When completed the laps, travel back down and through the finish line. For example, this will mean the children complete 6 ½ laps.
14. Timekeeper stops the timer as the child crosses the line.
15. Make a note of their first time. Allow a long rest period before allowing another attempt to see if they can beat their time. Each child has two more opportunities to improve their time (you can move onto another activity before repeating this activity). See how much of an improvement they have made by comparing the original time and the PB time. The better the improvement the better they have done
16. Challenge you a parent/carer or sibling and work out what their improvement is.

TOP VIEW

