

Athletics 365

Practical Session

ATHLETICS 365



Developing Skill Using Games and Activities & Assessing Skills Through Athletics 365



ATHLETICS 365



Athletics 365: Session Plan

Within a 90 minute session, a recommended practice plan may include the following elements:

8 – 11 Years

- **1. Game / warm-up (10 mins)** *relating to session;*
- **2. Activity one (20 mins)** - *technique / skill acquisition;*
- **3. Activity two (20 mins)** - *technique / skill acquisition;*
- **4. Activity three (20 mins)** - *technique / skill acquisition;*
- **5. Relays (10 mins)**
- **6. Cool down (10 mins)**

12 – 15 Years +

- **1. Game / warm-up (10 mins)** – *relating to session;*
- **2. Activity one (30 mins)** – *technique / skill acquisition;*
- **3. Activity two (30 mins)** - *technique / skill acquisition;*
- **4. Relays (10 mins)**
- **5. Cool down (10 mins)**



Warm Up

Should allow
for children
arriving late

Allow for
greater social
interaction

Warm Up Activity / Game

Scout Ball/ Zone Ball

Can minimise
number of
coaches/ leaders
required

**Should prepare
the athlete for
what is to follow**

Can help
develop role
models



SCOUT ball

**YOU
WILL NEED**
Cones
Size 5 football
or netball



AIM

To run, jump and throw at speed with good body control and work as a team

GET SET

- 1 Mark out an area with two end zones and a safety zone in the centre.
- 2 Split group into two teams.
- 3 Each team chooses one scout to stand in their end zone.

ON YOUR MARKS

- 1 One member of each team (the scout) stands in the zone behind the opposite team. Only the scouts are allowed in this area.
- 2 Each team stays in its own half and tries to throw the ball over the other team for their scout to catch.
- 3 If the scout catches the ball, the thrower also becomes a scout.
- 4 The first team to get all their players in the end zone wins.

GOOD FORM

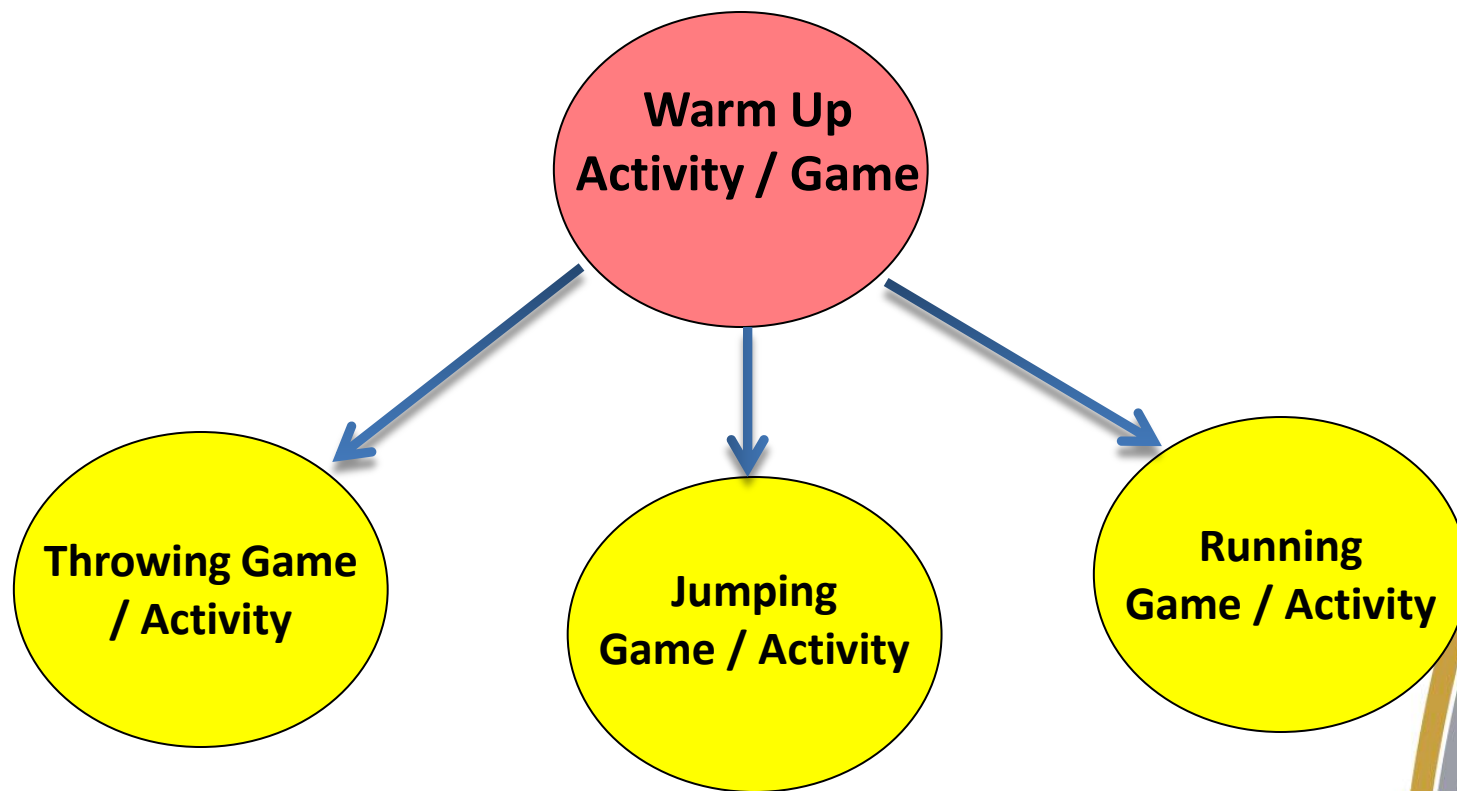
- 1 Head up, looking around.
- 2 Athlete jumps for height by bending then extending at the hip, knee and ankle.
- 3 When throwing, athlete has opposite foot forwards to the throwing arm.
- 4 Drives legs before arm when throwing.

HARDER/EASIER OPTIONS

Increase/decrease the size of the ball and/or the area.
Increase/decrease number of players and/or scouts.

SAFETY TIPS

- 1 Ensure there is space around the edge of the area.
- 2 If playing inside, avoid setting out area close to walls and windows.
- 3 Encourage players to be aware of each other.
- 4 Use a soft size 5 football or netball.



PUSH golf



**YOU
WILL NEED**
Hoops,
bean bags,
coloured
spots

SAFETY TIPS

- 1 Athletes should never throw while others are in front of them and should shout "FORE" if a throw is likely to hit anyone.
- 2 Holes should be spaced well apart.
- 3 Only use appropriate push technique.

AIM

Athletes perform push throws to reach a target on the ground.

GET SET

- 1 Set out a number of hoops 20-50m apart around a field, with a coloured spot 5m away from each hoop.
- 2 Explain that each hoop represents a hole on a golf course and the spots represent the T off.
- 3 Athletes try to get their bean bag from one hoop to the next in as few throws as possible.
- 4 Divide the class into groups of 4. Allocate each group a different hoop to start the game.

ON YOUR MARKS

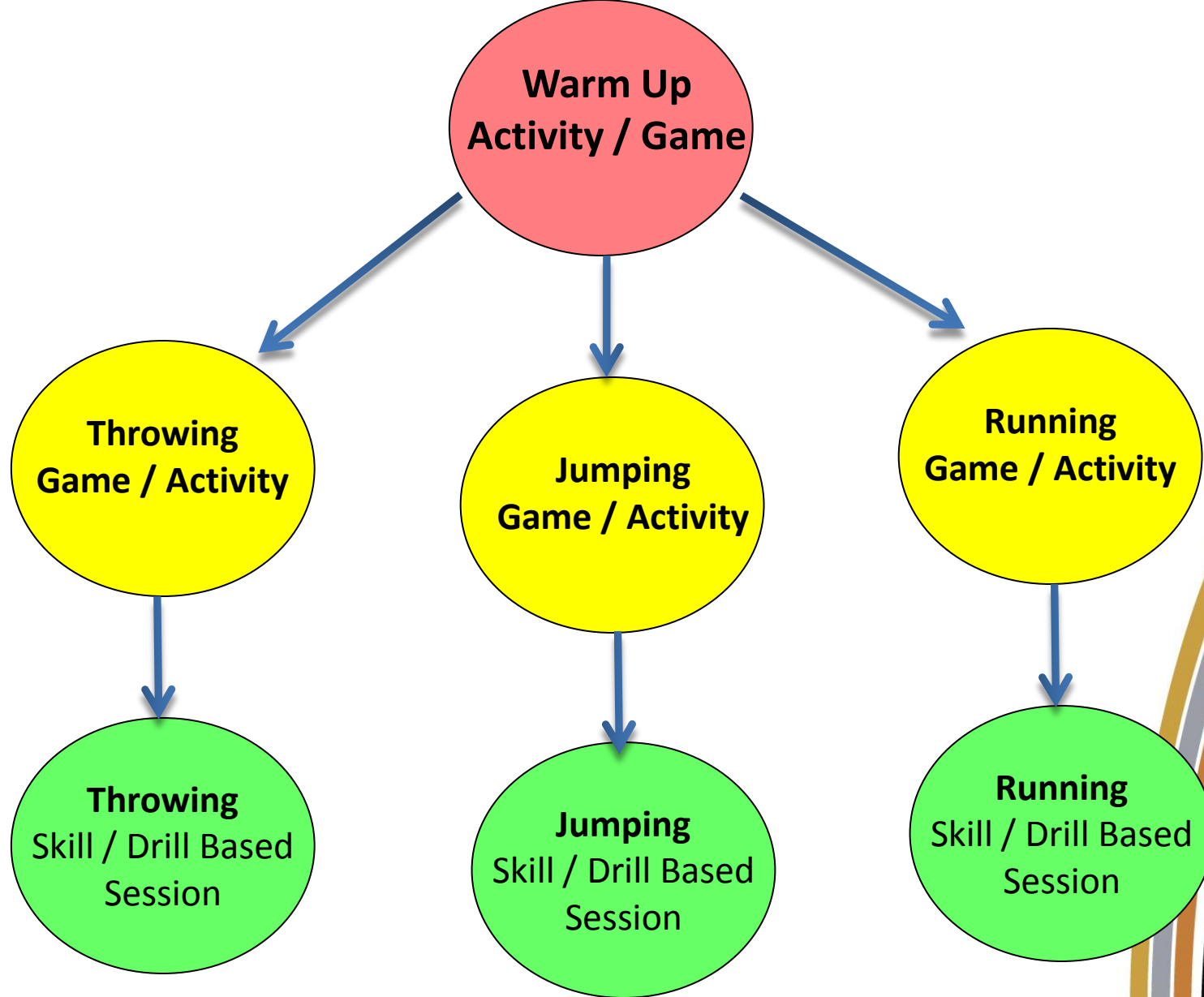
- 1 One player stands on the coloured spot and throws their bean bag towards the next hoop, using a push throw.
- 2 Each pupil takes their first turn.
- 3 Athletes throw again from where the first throw landed (furthest away from the target throws first).
- 4 Continue until all pupils have thrown into the hoop.
- 5 Athletes should never throw while others are in front of them and should shout "FORE" if a throw is likely to hit anyone.

GOOD FORM

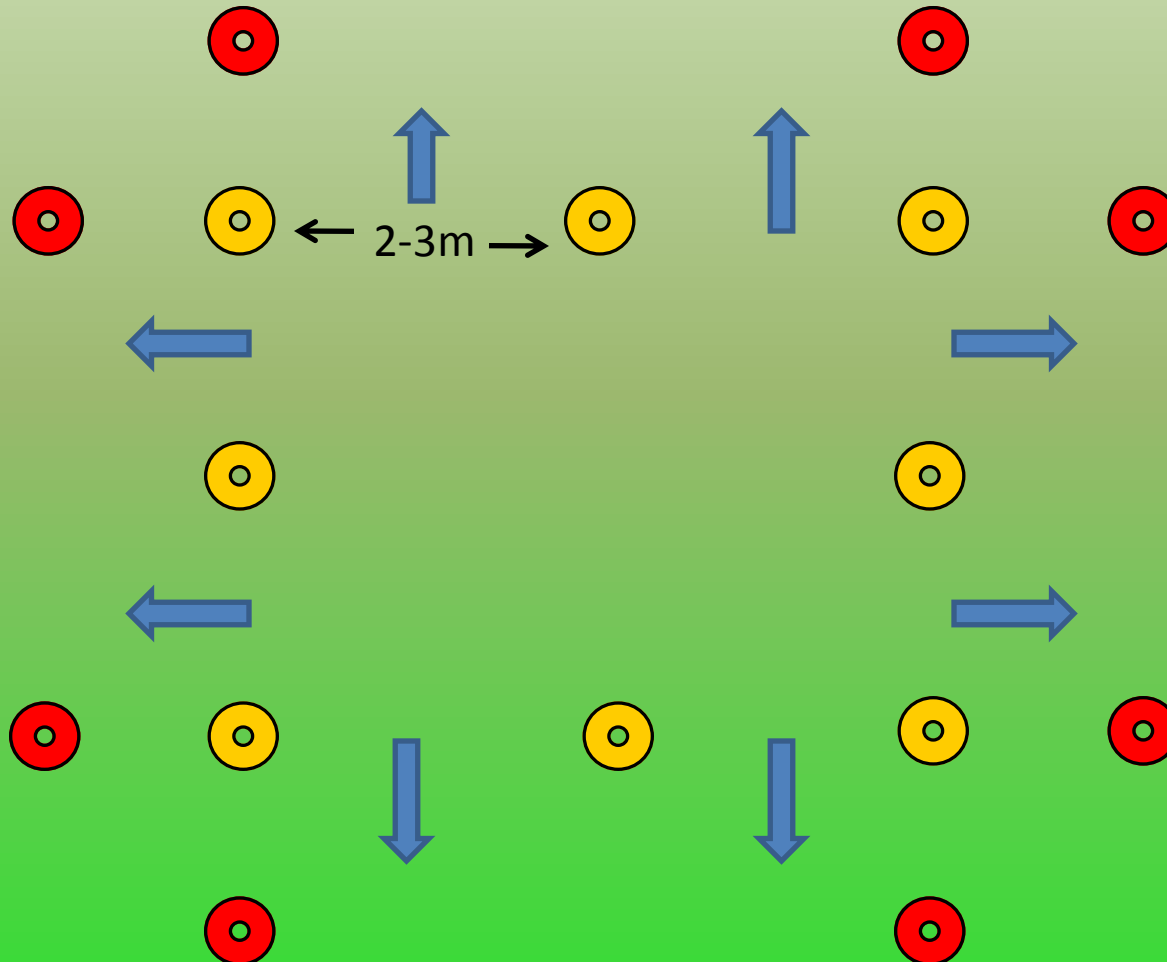
- 1 Stand with feet staggered with opposite leg to throwing arm forwards.
- 2 Keep the bean bag close to the neck (with a high elbow).
- 3 Extend arm and push the bean bag up and away from the body in the direction of the hoop.

HARDER/EASIER OPTIONS

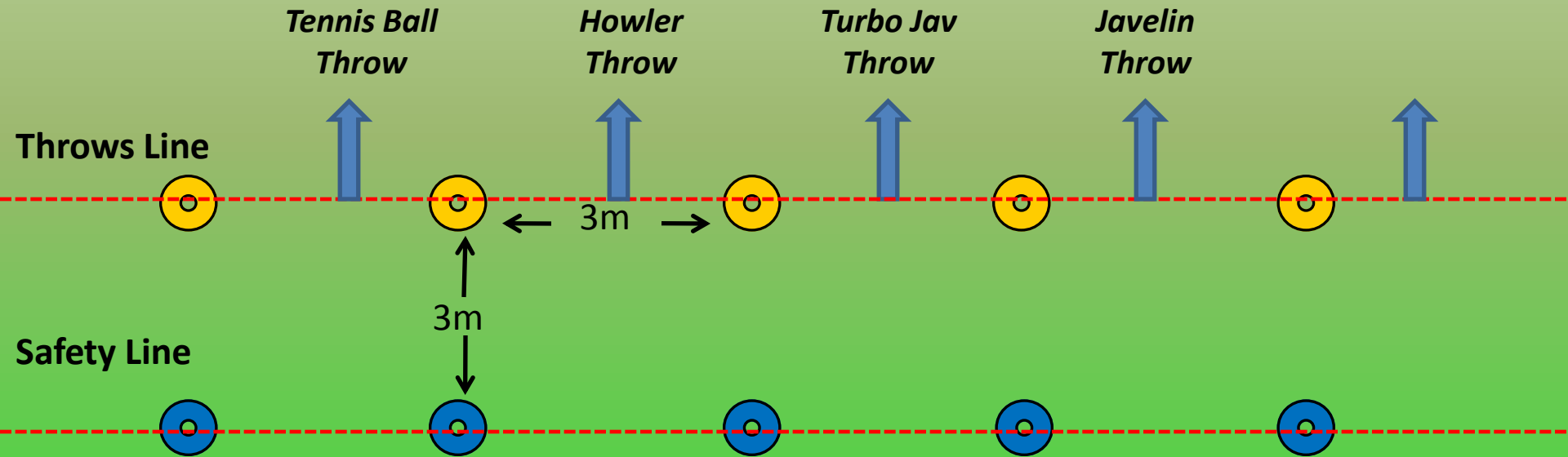
- 1 Vary the distances between hoops
- 2 Focus outcomes on technique: add bonus points (a minus score) for an effective push throw action
- 3 Play as a team game with combined scores counting as the final score.



Shot Put Throws Grid

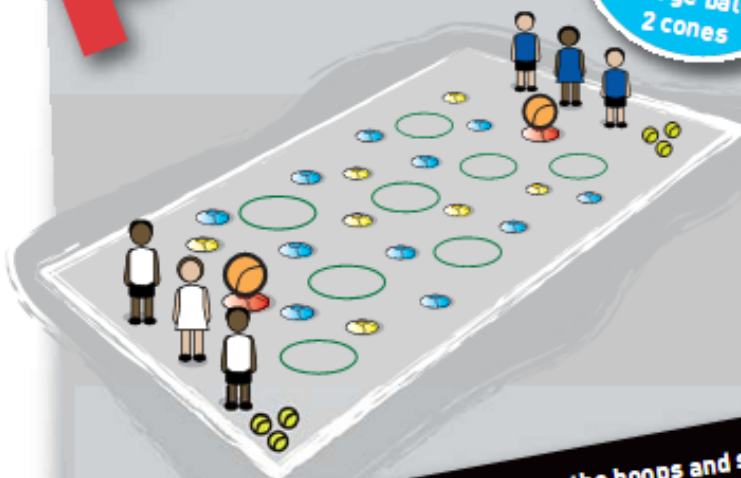


Throws Line Grid



HOPSCOTCH pinball

**YOU
WILL NEED**
8 x Large hoops
20 x Spots
6 tennis balls
2 large balls
2 cones



**SAFETY
TIPS**

- 1 Ensure the spaces between the hoops and spot are close enough.
- 2 Only one athlete in each hoop or on each spot at any time.

AIM

Jumping and throwing coordination with balance.

GET SET

- 1 Set out an area similar to a badminton court (5 by 8 metres).
- 2 Place a football on the cone at each end as well as 3 tennis balls (per team).
- 3 Set out a series of hoops and spots within the area (close enough so that an athlete can hop or jump from one hoop/spot to another).
- 4 Split athletes into two teams of 3 players.

ON YOUR MARKS

- 1 Teams start either end of court.
- 2 An attacker from each team starts with a tennis ball. Two of their team members act as blocking defenders or additional attackers.
- 3 Players move up the court to get closer to the target ball, jumping between spots (1 leg hop & landing) and hoops (2 leg jump & landing).
- 4 Players on a team can only exchange the ball with one player on any single spot/hoop.
- 5 The first team to knock off the target ball scores.
- 6 When a team misses, all players return to base to collect a new ball and begin again.
- 7 When a team scores, both teams return to the start. The first team to score two wins.

GOOD FORM

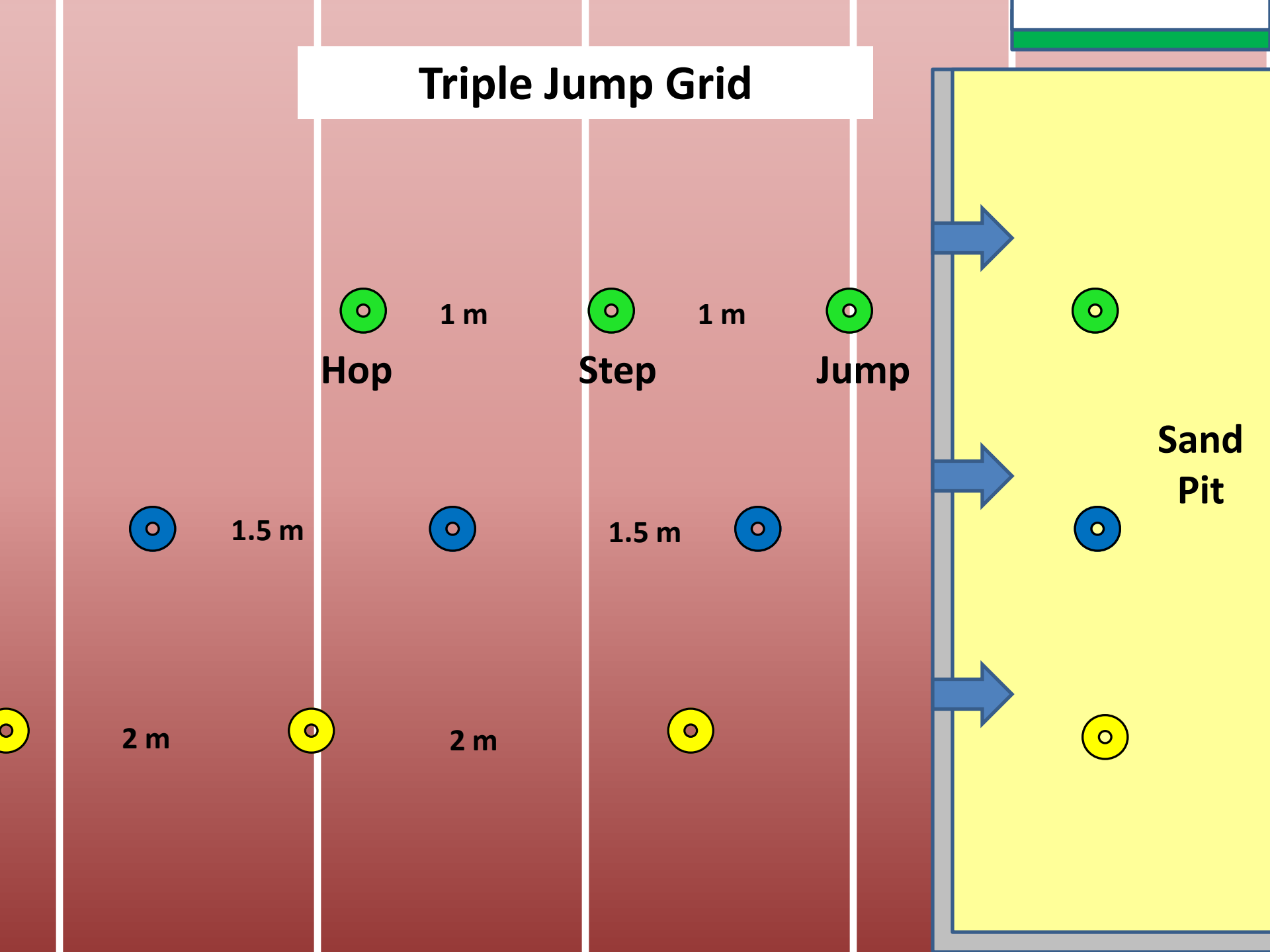
- 1 Land with a soft controlled landing, flexing at the knee(s).
- 2 Keep body upright with good posture when moving, jumping and hopping.
- 3 Use arms to aid balance if necessary.
- 4 Use a 'pull' throwing technique ensuring the elbow is above the head at all times throughout the throw.

HARDER/EASIER OPTIONS

Increase / decrease the

- 1 size of the target balls
- 2 size of the throwing balls
- 3 number of players
- 4 size of the area.

Triple Jump Grid



Game Card: **RUNNING FOR SPEED & DISTANCE**

BEAT THE **Clock** SPRINTS

**YOU
WILL NEED**
6 x bean bags
(multiple colours),
whistle, stopwatch,
tape measure



TURN OVER...

**SAFETY
TIPS**

- 1 Ensure the athletes are not competing at speed over to longer distance and to regularly.
- 2 Ensure athletes stay in lane.

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Beat the Clock Sprints Or Sprint Start Practice



Standing Start
Kneeling Start

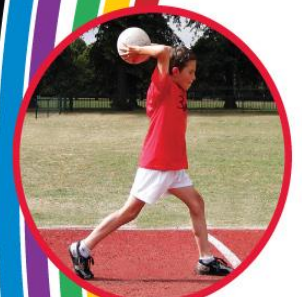
Falling Start

Three Point Start

Crouch Start

Athletics 365: Assessments

- Coaches are constantly assessing an athlete's skill level
- Empower the athlete to record progress
- Involve the athlete in peer analysis
- Adapt recording paperwork to suit individual club



The image shows a large, tilted, white sheet of paper with a table of performance standards for various athletic events. The table is organized into columns for different stages of competition (e.g., Stage 1, Stage 2, Stage 3) and rows for different events (e.g., 18. LONG JUMP AND STANDING LONG JUMP, 19. Triple Jumps And Standing Triple Jump). The table includes specific performance metrics and standards for each event and stage.

18. LONG JUMP AND STANDING LONG JUMP

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8	Stage 9	Stage 10
18.1 Perform a standing long jump with arms outstretched in front of feet.	18.2 Perform a standing long jump with arms outstretched in front of feet.	18.3 Perform a standing long jump with arms outstretched in front of feet.	18.4 Perform a standing long jump with arms outstretched in front of feet.	18.5 Perform a standing long jump with arms outstretched in front of feet.	18.6 Perform a standing long jump with arms outstretched in front of feet.	18.7 Perform a standing long jump with arms outstretched in front of feet.	18.8 Perform a standing long jump with arms outstretched in front of feet.	18.9 Perform a standing long jump with arms outstretched in front of feet.	18.10 Perform a standing long jump with arms outstretched in front of feet.
18.11 Perform a standing long jump with arms outstretched in front of feet.	18.12 Perform a standing long jump with arms outstretched in front of feet.	18.13 Perform a standing long jump with arms outstretched in front of feet.	18.14 Perform a standing long jump with arms outstretched in front of feet.	18.15 Perform a standing long jump with arms outstretched in front of feet.	18.16 Perform a standing long jump with arms outstretched in front of feet.	18.17 Perform a standing long jump with arms outstretched in front of feet.	18.18 Perform a standing long jump with arms outstretched in front of feet.	18.19 Perform a standing long jump with arms outstretched in front of feet.	18.20 Perform a standing long jump with arms outstretched in front of feet.

19. Triple Jumps And Standing Triple Jump

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8	Stage 9	Stage 10
19.1 Perform a triple jump with arms outstretched in front of feet.	19.2 Perform a triple jump with arms outstretched in front of feet.	19.3 Perform a triple jump with arms outstretched in front of feet.	19.4 Perform a triple jump with arms outstretched in front of feet.	19.5 Perform a triple jump with arms outstretched in front of feet.	19.6 Perform a triple jump with arms outstretched in front of feet.	19.7 Perform a triple jump with arms outstretched in front of feet.	19.8 Perform a triple jump with arms outstretched in front of feet.	19.9 Perform a triple jump with arms outstretched in front of feet.	19.10 Perform a triple jump with arms outstretched in front of feet.
19.11 Perform a triple jump with arms outstretched in front of feet.	19.12 Perform a triple jump with arms outstretched in front of feet.	19.13 Perform a triple jump with arms outstretched in front of feet.	19.14 Perform a triple jump with arms outstretched in front of feet.	19.15 Perform a triple jump with arms outstretched in front of feet.	19.16 Perform a triple jump with arms outstretched in front of feet.	19.17 Perform a triple jump with arms outstretched in front of feet.	19.18 Perform a triple jump with arms outstretched in front of feet.	19.19 Perform a triple jump with arms outstretched in front of feet.	19.20 Perform a triple jump with arms outstretched in front of feet.

The table continues with similar rows for other events, including the 20. 400m, 20. 800m, 20. 1500m, 20. 5000m, 20. 10000m, 20. 20000m, 20. 40000m, 20. 80000m, 20. 160000m, 20. 320000m, 20. 640000m, 20. 1280000m, 20. 2560000m, 20. 5120000m, 20. 10240000m, 20. 20480000m, 20. 40960000m, 20. 81920000m, 20. 163840000m, 20. 327680000m, 20. 655360000m, 20. 1310720000m, 20. 2621440000m, 20. 5242880000m, 20. 10485760000m, 20. 20971520000m, 20. 41943040000m, 20. 83886080000m, 20. 167772160000m, 20. 335544320000m, 20. 671088640000m, 20. 1342177280000m, 20. 2684354560000m, 20. 5368709120000m, 20. 10737418240000m, 20. 21474836480000m, 20. 42949672960000m, 20. 85899345920000m, 20. 171798691840000m, 20. 343597383680000m, 20. 687194767360000m, 20. 1374389534720000m, 20. 2748779069440000m, 20. 5497558138880000m, 20. 10995116277760000m, 20. 21990232555520000m, 20. 43980465111040000m, 20. 87960930222080000m, 20. 175921860444160000m, 20. 351843720888320000m, 20. 703687441776640000m, 20. 1407374883553280000m, 20. 2814749767106560000m, 20. 5629499534213120000m, 20. 11258999068426240000m, 20. 22517998136852480000m, 20. 45035996273704960000m, 20. 90071992547409920000m, 20. 180143985094819840000m, 20. 360287970189639680000m, 20. 720575940379279360000m, 20. 1441151880758558720000m, 20. 2882303761517117440000m, 20. 5764607523034234880000m, 20. 11529215046068469760000m, 20. 23058430092136939520000m, 20. 46116860184273879040000m, 20. 92233720368547758080000m, 20. 184467440737095516160000m, 20. 368934881474191032320000m, 20. 737869762948382064640000m, 20. 1475739525896764129280000m, 20. 2951479051793528258560000m, 20. 5902958103587056517120000m, 20. 11805916207174113034240000m, 20. 23611832414348226068480000m, 20. 47223664828696452136960000m, 20. 94447329657392904273920000m, 20. 188894659314785808547840000m, 20. 377789318629571617095680000m, 20. 755578637259143234191360000m, 20. 1511157274518286468382720000m, 20. 3022314549036572936765440000m, 20. 6044629098073145873530880000m, 20. 12089258196146291747061760000m, 20. 24178516392292583494123520000m, 20. 48357032784585166988247040000m, 20. 96714065569170333976494080000m, 20. 193428131138340667952988160000m, 20. 386856262276681335905976320000m, 20. 773712524553362671811952640000m, 20. 1547425049106725343623905280000m, 20. 3094850098213450687247810560000m, 20. 6189700196426901374495621120000m, 20. 12379400392853802748991242240000m, 20. 24758800785707605497982484480000m, 20. 49517601571415210995964968960000m, 20. 99035203142830421991929937920000m, 20. 198070406285660843983859875840000m, 20. 396140812571321687967719751680000m, 20. 792281625142643375

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Q&A

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