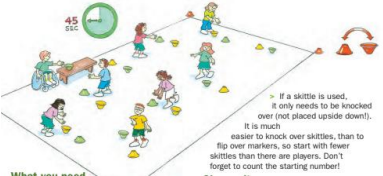
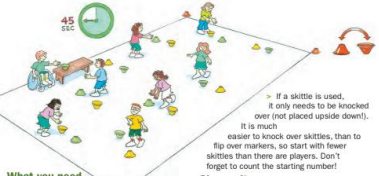
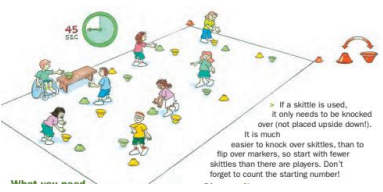
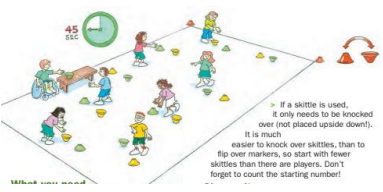
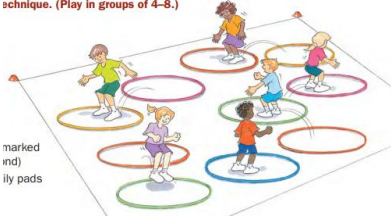


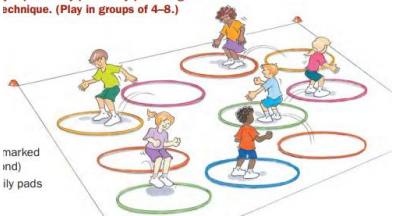
<p>Year R</p> <p>Children will use their arms while running i.e. hip to lip.</p> <p>Children will try and use different stride length in the race i.e. shorter in the beginning and longer at the end.</p> <p>Children will jump with their feet together bending their knees and swinging their arms to generate and land two footed with bent knees.</p> <p>Children to use the shoulder throw for distance.</p>	<p>Year 1</p> <p>Children will use their arms while running i.e. hip to lip.</p> <p>Children will try and use different stride length in the race i.e. shorter in the beginning and longer at the end.</p> <p>Children to get low into a simple start position.</p> <p>Children will jump with their feet together bending their knees and swinging their arms to generate and land two footed with bent knees.</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to step into their jump and try to carry the momentum into their jump.</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to hold object with three fingers.</p> <p>Children to ensure when they throw their hand ends up pointing above their head.</p>	<p>Year 2</p> <p>Children will use their arms while running i.e. hip to lip.</p> <p>Children will try and use different stride length in the race i.e. shorter in the beginning and longer at the end.</p> <p>Children to get low into a simple start position.</p> <p>Children to start from the one knee down starting position.</p> <p>Children will jump with their feet together bending their knees and swinging their arms to generate and land two footed with bent knees.</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to step into their jump and try to carry the momentum into their jump.</p> <p>Children to have a run up before jumping (i.e. focus on planting lead foot).</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to hold object with three fingers.</p> <p>Children to ensure when they throw their hand ends up pointing above their head.</p> <p>Children to focus on release point of ball to gain maximum distance.</p> <p>Oracy - Listening and responding - Understand and respond to complex 3 step instructions.</p>
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Year 2				
Key skill/s	Warm up	Main Activity	Equipment	Cool down
<p>Children will use their arms while running i.e. hip to lip.</p> <p>Children will try and use different stride length in the race i.e. shorter in the beginning and longer at the end.</p> <p>Children to get low into a simple start position.</p> <p>Children to start from the one knee down starting position.</p> <p>Children will jump with their feet together bending their knees and swinging their arms to generate and land two footed with bent knees. Children to use the shoulder throw for distance.</p> <p>Children to step into their jump and try to carry the momentum into their jump.</p> <p>Children to have a run up before jumping (i.e.</p>	<p>Flip it- Cone game</p>  <p>Space the cones randomly around the hall, half upside down. The upside down cones are craters, the upright cones are volcanoes.</p> <p>The children are spilt into two groups</p> <p>One group turn the cones over in crater shape and the other keep them the right way up reassembling a volcano.</p> <p>Objective- for each team to get as many cones flipped in the time scale given e.g. 1 minute.</p>	<p>Teaching Point</p> <p>Running Running technique (hip to lip) Children to be shown in slow motion focusing on moving the opposite. Then progress this to moving arms faster to help them run faster.</p> <p>Running form linking to stride length. Children to be shown short strides to gain peace and then longer strides to maintain their peace. Children to start from a low position. Children to explode out of their starting position and into their running stride. Children to then learn one knee down starting position. Children to place hands up to the line whilst in the starting position. Children to explode out of their starting position and into their running stride.</p> <p>Races 10 meter Slip children into groups of 3s behind a cone. Children take it in turns to race to the cone and back to their group in front of them which will be roughly 5m away 15 steps. The other children have 1 job each, one counts the amount of time the runner takes and the other child looks at the running technique and comments on it.</p>	<p>Cones 30+</p>	<p>Flip it- Cone game</p>  <p>Space the cones randomly around the hall, half upside down. The upside down cones are craters, the upright cones are volcanoes.</p> <p>The children are spilt into two groups</p> <p>One group turn the cones over in crater shape and the other keep them the right way up reassembling a volcano.</p> <p>Objective- for each team to get as many cones flipped in the time scale given e.g. 1 minute.</p>

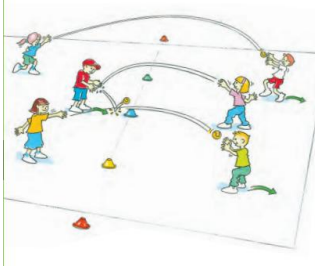
<p>focus on planting lead foot).</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to hold object with three fingers.</p> <p>Children to ensure when they throw their hand ends up pointing above their head.</p> <p>Children to focus on release point of ball to gain maximum distance.</p>				
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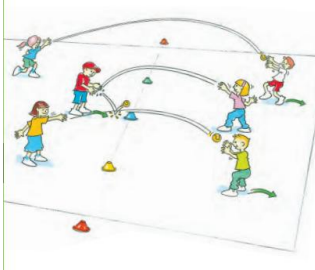
<p>footed with bent knees. Children to use the shoulder throw for distance.</p> <p>Children to step into their jump and try to carry the momentum into their jump.</p> <p>Children to have a run up before jumping (i.e. focus on planting lead foot).</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to hold object with three fingers.</p> <p>Children to ensure when they throw their hand ends up pointing above their head.</p> <p>Children to focus on release point of ball to gain maximum distance.</p>	<p>crater shape and the other keep them the right way up reassembling a volcano.</p> <p>Objective- for each team to get as many cones flipped in the time scale given e.g. 1 minute.</p>	<p>children have 1 job each, one counts the amount of time the runner takes and the other child looks at the running technique and comments on it.</p>		<p>crater shape and the other keep them the right way up reassembling a volcano.</p> <p>Objective- for each team to get as many cones flipped in the time scale given e.g. 1 minute.</p>
<p>Children will use their arms while running i.e. hip to lip.</p> <p>Children will try and use different stride length in the race i.e. shorter in the beginning and longer at the end.</p>	<p>Find the colour cone</p> <p>Space the different coloured cones randomly around the hall/field.</p> <p>Simple games to have at least 2 colours and more complex games up to 4 colours.</p>	<p>Teaching Point</p> <p>Jumping</p> <p>Children to now focus on short 3 step run up before jump. Children to attempt to plant one foot next to the cone (jumping off planted foot). Children to swing arms through the jump to get maximum distance.</p> <p>Frog and Lilly pads</p>	<p>Hoops 30+</p> <p>40 cones 2 colours for simple game</p> <p>60 cones for 4 colours for</p>	<p>Find the colour cone</p> <p>Space the different coloured cones randomly around the hall/field.</p> <p>Simple games to have at least 2 colours and more complex games up to 4 colours.</p>

<p>Children to get low into a simple start position.</p> <p>Children to start from the one knee down starting position.</p> <p>Children will jump with their feet together bending their knees and swinging their arms to generate and land two footed with bent knees. Children to use the shoulder throw for distance.</p> <p>Children to step into their jump and try to carry the momentum into their jump.</p> <p>Children to have a run up before jumping (i.e. focus on planting lead foot).</p> <p>Children to use the shoulder throw for distance.</p> <p>Children to hold object with three fingers.</p> <p>Children to ensure when they throw their hand ends up pointing above their head.</p> <p>Children to focus on release point of ball to</p>	<p>Children move around in the manner stated by the teacher i.e. running, jogging, skipping etc.</p> <p>When the whistle or call is made the children make their way to the colour cone that has been said.</p> <p>To start with get children to place a foot on the cone and allowing up to three children per cone.</p> <p>As the children become better this can be decreased down to one person per cone.</p>	<p>Teacher to spread hoops around the hall/field and space them no more than 1m apart from each other. Then explain that the children are going to be frogs and the hoops are going to be lily pads. The only rules we are using is a one footed jump with a 1 step run up from one hoop to their next hoop and that there can only be 1 child in a hoop at a time. Children to progress to one footed jump with short run up. Children play and if 2 children jump into the same hoop one jumps out and waits until it is free then continues.</p> <p><small>Technique. (Play in groups of 4-8.)</small></p> 	<p>complex game</p>	<p>Children move around in the manner stated by the teacher i.e. running, jogging, skipping etc.</p> <p>When the whistle or call is made the children make their way to the colour cone that has been said.</p> <p>To start with get children to place a foot on the cone and allowing up to three children per cone.</p> <p>As the children become better this can be decreased down to one person per cone.</p>
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