Unit Plan - Track & Field

Lesson One - Discuss and 1500m
SPORTS ED BEGINS......
PLAYING FOR PRIDE!!
Learning Intents

Students will be able to (SWBAT):

Psychomotor:
• Grip and throw the discus accurately
• Focus on arm technique (no footwork)
• Release the discus correctly
• Run continuously or as a team for 1500m
• Running technique

Cognitive:
• Understand how the release point effects trajectory
• Understand how the rotation of the disc effects distance
• How to pace yourself for middle distances
• Monitor exertion

Affective:
• Working cooperatively as a group
• Apply safety principles
• Focus on personal best and improvement

Social:
• Create good class atmosphere
• Participate with a number of different partners
• Reciprocal teaching and positive/constructive feedback

Equipment:
• Discus’s
• Pylons
• PB sheets
• cones
• Frisbees
Sequence of Events

Change:
10 minutes

Warm-up, stretch, discussion: 10 minutes
Discus Initial Activity: 10-15 minutes
Discus Skills Breakdown: 10 minutes
Final Throw and Record 5 - 10 minutes
1500m: 15 minutes
Wrap-up and Change: 15 minutes

Total: 80 minutes
Warm-up Routine

Two Big Pylons 40 yards apart

• Jog
• A-Style Jog
• B-Style Jog
• Heels Up
• Skip with Arm Swing
• Skip with Reverse Arm Swing
What are we trying to Achieve Today

Cues for Discus Grip

- Discus in throwing hand
- Spread finger out with index finger in line with wrist, down middle of discus
- First knuckles over the disc

Cues for Discus Release

- Release disk palm down
- Squeeze it out of hand like a ‘bar of soap’
- Disk should come off index finger
- Clockwise spin for right hander
- Counter-clockwise for left hander

Cues for Arm Swing

- Feet shoulder width apart
- Disk in throwing hand
- Swing disk level with shoulder
- Do not release
- Catch with other hand
- Maintain elbow extension throughout
Initial Activity (10-15 minutes)

- First Throw - No Experience
- Measure Results - Benchmark for Improvement

Skill Breakdown (10 minutes)

Disc Roll
- Two Partner facing one another
- Roll the discus on the ground to your partner and try to ensure proper spin
- It should roll all the way to your partner on the edge
- Increase distance with success

Knee Toss
- Break into pairs, one thrower one observer
- The thrower is on their knees
- Shoulders pointing down the range
- Body rotation and release focus
- Observer stays back
- No one retrieves until all is thrown
Measurement and Final Toss  (5-10 mins)

Standing Toss
• Shoulders facing down range
• Torso twist introduction
• Generating power through the legs
• Release disk down the range
• Same collection procedure as Knee Toss

Final Toss
• Two tosses each to get your PB for the team
• Partner approximates from 5 meter cone placement

Observer

Thrower

Space every 5 meters
1500 Meter (15 minutes)

Run Technique and Economy

- Alternating Arm Swing
- Arms and legs swing in opposition
- Slight forward lean and running on front portion of feet

20 Meter Distance Practice Track

Reciprocal Partner Feedback

- 1500 Meter Relay
- Have them fill in the sheet
- Teams of 6(ish)
- Have to run 1500 meters combined
- Individual can run 100 meters min, 300 max
- Do it 2 or 3 times
- In between talk team strategy
Wrap-up (15 minutes)

- Equipment retrieval by students
- Discussion discus and 1500 meter
- Talk for next day (High Jump and 800m)
- See you tomorrow gentlemen
Exit Slip #1

1. For a Right-Handed thrower, what direction should the disk spin?

2. What part of the disk does the index finger line up with?