

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:

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:
minutes

10-15

Discus Skills Breakdown:
minutes

10

Final Throw and Record

5 - 10 minutes

1500m:

15 minutes

Wrap-up and Change:

15 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 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

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

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

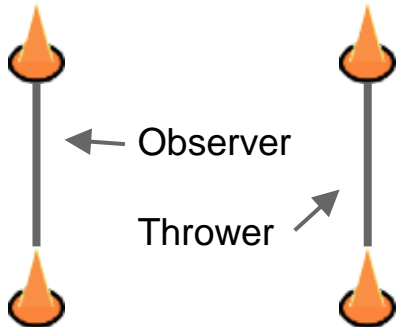
Knee Toss

- 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



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

Name:

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?