

Unit Plan - Track & Field

Lesson Two- High Jump and 800m

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Footwork for approach
- Driving leg
- Fosbury Flop or 2 Leg Jump
- Run continuously or as a team for 800m
- Running technique

Cognitive:

- Understand how jumping technique increases success
- Understand how power is generated up and over the measure
- How to pace yourself for middle distances
- Monitor exertion

Affective:

- Working cooperatively as a group

Social:

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

Equipment:

- High Jump Equipment
- Pylons
- PB sheets
- cones
- Frisbees

Sequence of Events

Change:

10 minutes

Warm-up, stretch, discussion:

10 minutes

HighJump Initial Activity:

10-15 minutes

High Jump Skills Breakdown:

10 minutes

Final Jump and Record

5 - 10 minutes

800m:

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 High Jump Approach

- Start Straight ahead and into a curve for final five steps
- If jumping off right foot, start on left at the top
- If jumping off the left, start on the right at the top
- Spring off leg furthest from mat and drive other knee up

Cues for High Jump Take-off

- Start the take-off an arms length away from the bar
- Takeoff foot should point to the back corner
- Driving leg drives up aggressively
- Both arms swing increasing upward momentum

Cues for High Jump Clearance

- Arms lead the body over the bar
- Body arches over, hips up then drop after clearance
- Knees separated and bent
- Arms drop to the side
- Head is lifted up and feet are raised over the bar
- Landing on upper back

Initial Activity (10-15 minutes)

- **Figure out plant leg**
- **Go do a lay-up, which technique comes naturally to you?**

Skill Breakdown (10 minutes for set-up)

Five Step Take-off

- First step is with your plant foot
- Take your 5 steps and practice the take off
- Practice driving the knee and the body 'flop' technique
- 2 or 3 times each
- Wait for the person to clear the mat before you go

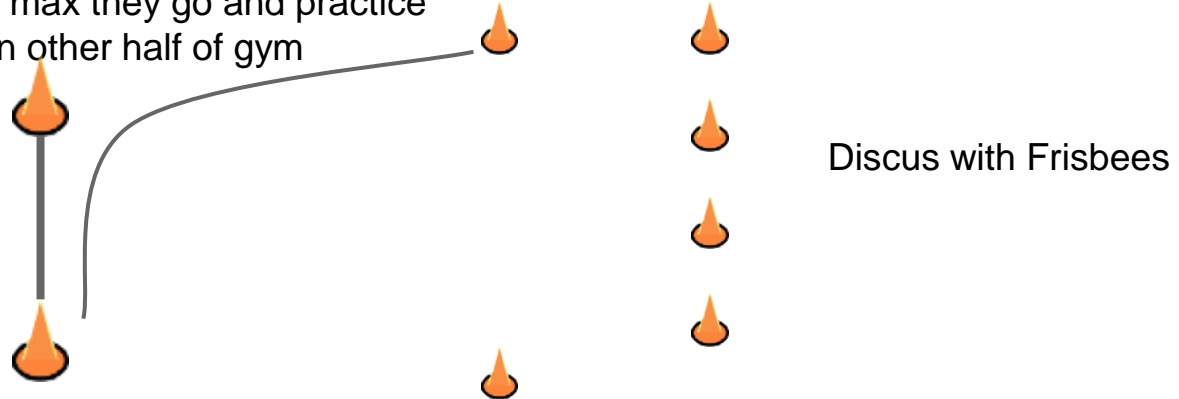
Fifteen Step Take-off

- First step is with your plant foot
- Take your 15 steps and practice the take off
- Practice driving the knee and the body 'flop' technique
- 2 or 3 times each
- Wait for the person to clear the mat before you go

Measurement and Final jump (5-10 mins)

Final Jump and Measure

- Start at designated height, students get two chances
- Increase height in slow increments
- If students reach their max they go and practice discus with Frisbees in other half of gym



800 Meter (15 minutes)

Run Technique and Economy Review

- Alternating Arm Swing
 - Arms and legs swing in opposition
 - Slight forward lean and running on front portion of feet
- 800 Meter Relay
 - Teams of 6(ish)
 - Have to run 800 meters combined
 - Individual can run 100 meters min, 200 max

Wrap-up (15 minutes)

- Equipment retrieval by students
- Discussion high jump and 800 meter
- Talk for next day (Javelin and 400m)
- See you tomorrow gentlemen