

Unit Plan - Track & Field

Lesson Five- Triple Jump and 100m

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Footwork approach triple jump
- Figure out which is their driving leg (same as high jump)
- Run continuously 100m
- Running technique

Cognitive:

- Understand to correctly approach the triple jump
- Understand how power is generated using proper technique
- How to increase acceleration
- 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:

- Pylons
- PB sheets
- Cones

Sequence of Events

Change:

10 minutes

Warm-up, stretch, discussion:

10 minutes

Triple Jump Initial Activity:
minutes

10-15

Triple Jump Skills Breakdown:

10 minutes

Final Jump and Record

5 - 10 minutes

100m:

15 minutes

Wrap-up and Change:

15 minutes

Total:

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
- Stretch

What are we trying to Achieve Today

Cues for Triple Jump

HOP-STEP-AND A JUMP

- Either LEFT-LEFT-RIGHT-TOGETHER OR RIGHT-RIGHT-LEFT-TOGETHER
- First hop and land on the same foot
- The next step to the other foot
- Then jump off that foot like in long jump

- Initial hop should occur below the center of mass
- Similar to the skate board push
- Keep the body upright
- Then bound to the other foot
- Remember to drive the non-planted knee and swing the arms

Initial Activity (10-15 minutes)

- Initial Jump - No Experience
- Everyone jumps, experience how awkward it is - Demo

Skill Breakdown (10 minutes for set-up)

10 yards away facing me

- Start on right foot
- Hop and land on right foot
- Next jump off the left and land on the right
- Jump off right and land both

- Switch sides
- Practice a few times each

With Movement

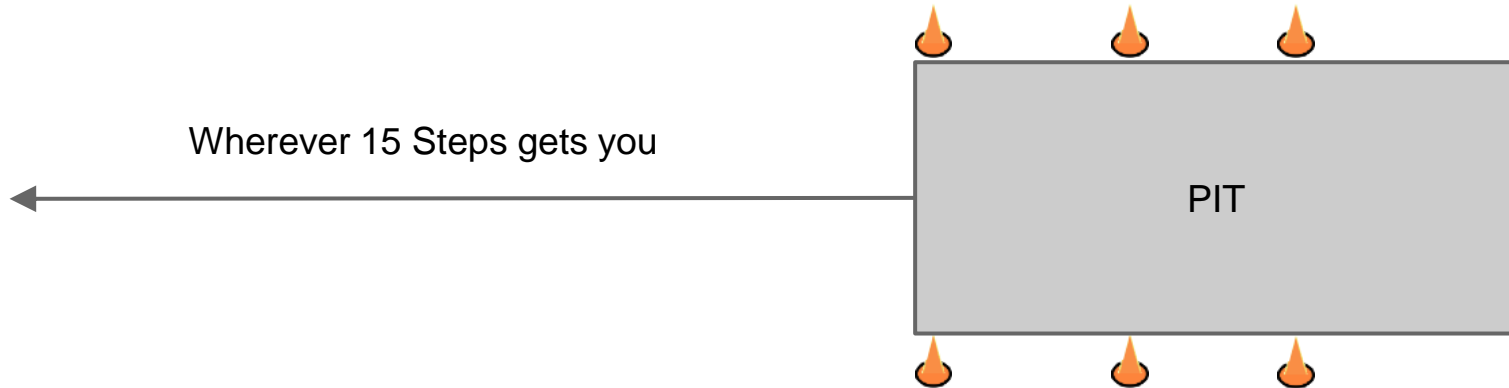
(Partner)

- 5 Step Run up (First step is with opposite leg from final phase)
- 15 Step Run up
- With a partner mark 15 step spot by the pit

Measurement and Final Throws (5-10 mins)

Final Jump and Measure

- Jump and Partner measures
- Wait until the Pit is racked and cleared
- Not taking off from the board but have your approached spaced with your partner



100 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
- 100 Meter Races
 - Within your groups everyone has to run at least once
 - 4 man races (8 races total)
 - 1st is 5 points
 - 2nd is 3 points
 - 3rd is 2 points
 - 4th is 1 point
 - Team that came 4th gets a 5 meter head start
 - Teams must submit their order beforehand

Wrap-up (15 minutes)

- Equipment retrieval by students
- Discussion Triple Jump and 100 meter
- Talk for next day (Long Jump & Relays)
- See you tomorrow gentlemen

Exit Slip #3

Name:

1. What are the two jump combinations for the triple jump?
2. The push in the hop phase is similar to what motion?