

Unit Plan - Track & Field

Lesson Seven - Hurdles and Practice

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Footwork for hurdles
- Figure out which is their lead leg
- Practice Throwing and Jumping technique

Cognitive:

- Understand to correctly approach the hurdle
- Understand how power is generated using proper technique
- How to increase acceleration
- Practice and focus on improvement through technique
- 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
- Javelins, discuses, and shot puts
- PB sheets
- Cones

Sequence of Events

Change:

10 minutes

Warm-up, stretch, discussion:

10 minutes

Hurdles:

15 minutes

Practice Station #1:

15

minutes

Practice Station #2:

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 Hurdles

- Take off should be about 5 meters from the hurdle
- Push off the ground with your dominant leg, and extend the non dominant leg forward keeping is slightly bent.
- Stay close to the hurdle
- Body should lean forward with opposite arm to the lead leg horizontal to the ground at a 90 degree angle.
- Snap down the trail leg as it clears the hurdle to resume speed

Hurdles Practice (10-15 minutes)

- Initial Trial - Little Hurdles
- Big Hurdles if Comfortable

10 mins practice with their teams

- Play around with starting leg, which will be your lead leg at the hurdle
- Should have both be the lead leg
- Run through the hurdles with the technique of lead leg-trail-leg as the focus, not speed

5 min relay (big-little)

- Two teams at a time
- Big hurdles, little hurdles
- Best time wins
- Knocking over a hurdle is a 3 second penalty
- Second person cannot start until all the hurdles are cleared
- Other two teams re-set the hurdles if knocked down
- If odd number of runners one person has to go twice
- If uncomfortable with big hurdles, can do little twice with a 5 second penalty

Jumps and Throws (15 mins per station)

- Two teams at each station
- I will monitor the throwing station
- Same safety rules as the throw days

Wrap-up (15 minutes)

- Equipment retrieval by students
- Discussion Hurdles
- Talk for next day (Olympics)
- See you tomorrow gentlemen

Name:

Exit Slip #4

1. What are the cues for the last three steps in the long jump?
2. How far away should you be from the hurdle before you start your jump?