

Unit Plan - Track & Field

Lesson Eight - Practice Events/Olympic
Preparation

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Cues for each event we've covered
- Will be recapped before each practice event

Cognitive:

- Understand to correctly approach the hurdle
- Understand how power & force are generated using proper technique
- Practice and focus on improvement through technique
- Monitor exertion
- Recording Scores / Personal Bests (PBs)

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
- Rakes
- Stopwatch / Whistle
- Measuring Tapes

Sequence of Events

Change:

10 minutes

Warm-up, stretch, discussion:

10 minutes

Triple Jump / Long Jump:
minutes

15

Shotput / Discus / Javelin:
minutes

15

4 x 100 m Relay
15 minutes

Team Preparation / Competition Submission 10 minutes

Wrap-up and Change:

10 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
- Stretch

Followed by Short Game / Ball Tag (b-ball court)

You will carry your PB booklet to each station.

What are we trying to Achieve Today

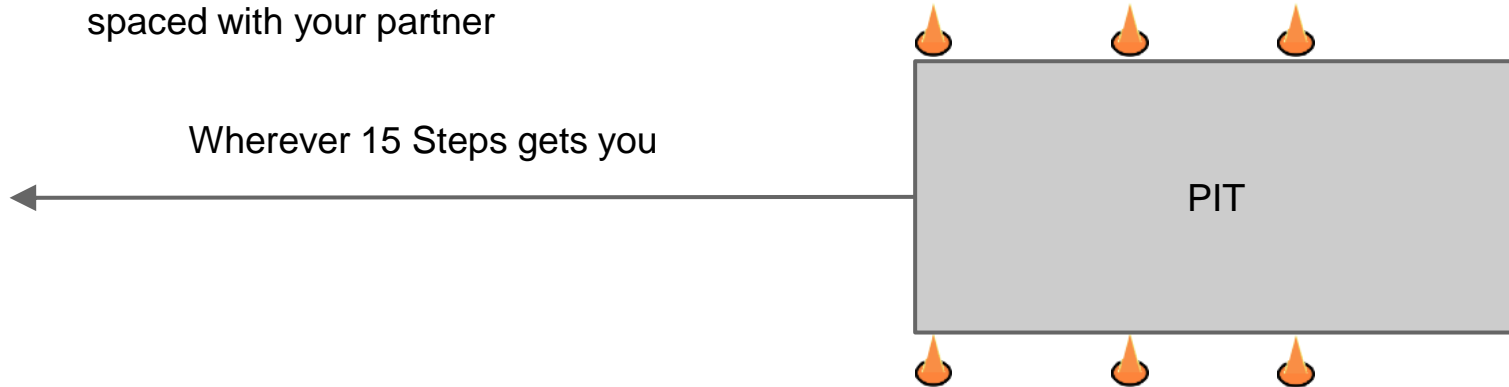
Mastering Each Events

- Working on improving our Personal Bests based on our scores from the previous lessons.
- Striving to set new records using the cues we've learned over the unit.
- Recording our scores.
- Recognizing our strengths and weaknesses
- Collaborating as a team to ensure each member works to their strength and represents their team in their best event possible.

Triple Jump (5-10 mins) (2x Trial Each)

Final Jump and Measure (record score on PB sheet)

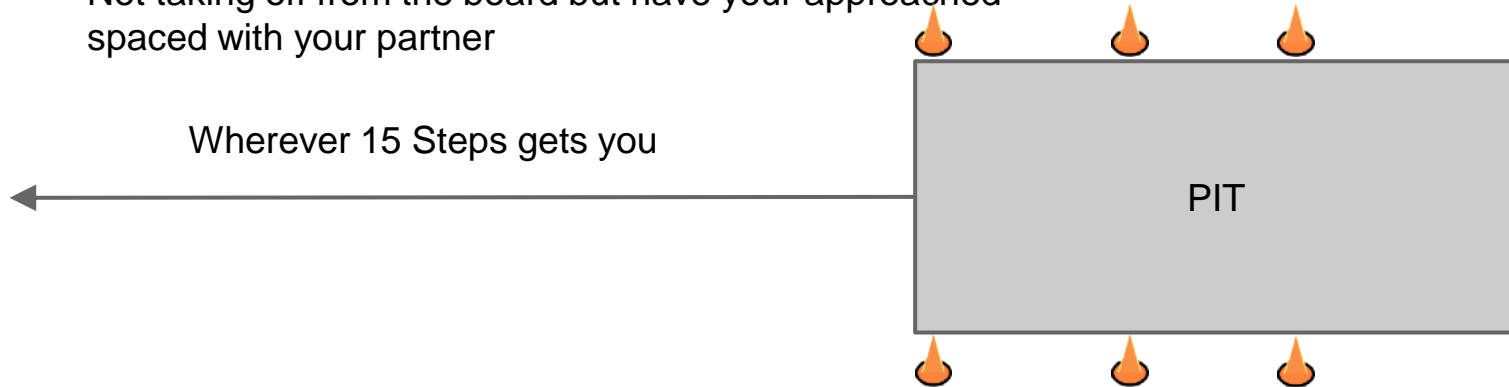
- Jump and Partner measures
- Wait until the Pit is racked and cleared
- Not taking off from the board but have your approached spaced with your partner



Long Jump (5-10 mins) (2x Trial Each)

Final Jump and Measure (record score on PB sheet)

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



Discus Station (5-10 mins) (2x Trial Each)

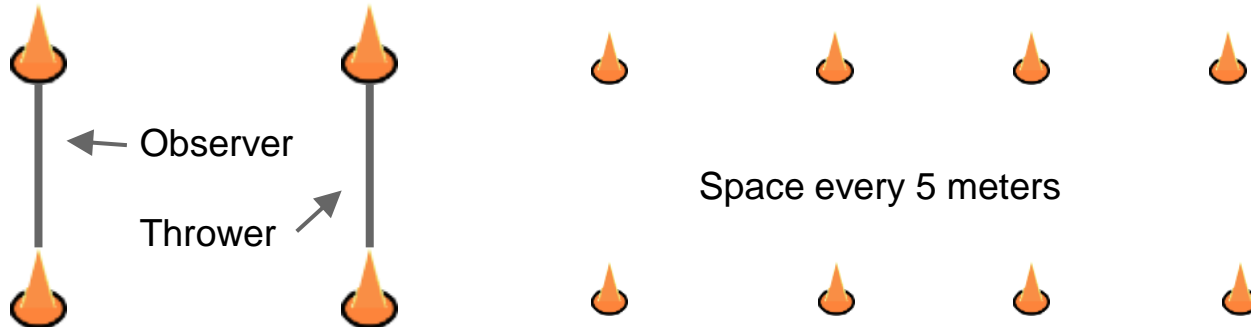
(record score on PB sheet)

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



Javelin Station (5-10 mins) (2x trials each)

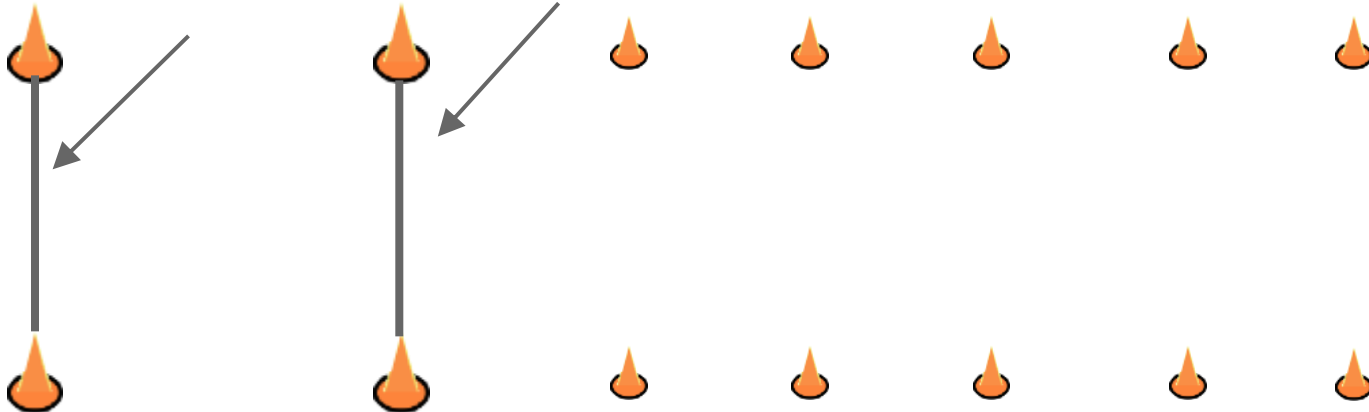
Throw and Measure

(record score on PB sheet)

- Throw, Measure, Retrieve, Put Down

Observers Line

Throwers Line



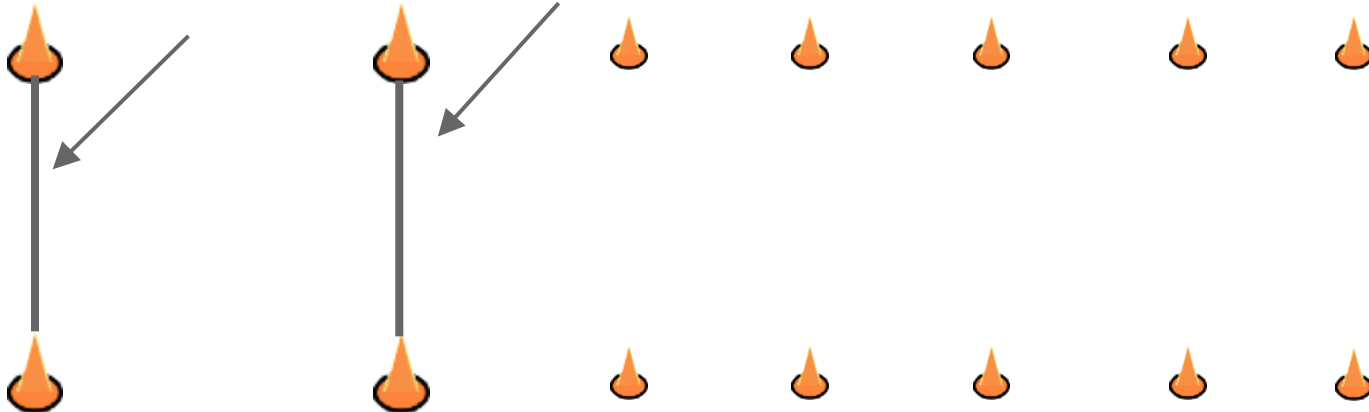
Shotput Station (5-10 mins) **(2x Trial Each)**

Final Throws and Measure (record score on PB sheet)

- Throw, Measure, Retrieve, Put Down

Observers Line

Throwers Line



4 x 100m Relay Station (15 minutes) (1x Trial each) (record score on PB sheet)

Run Technique and Economy Review

- Alternating Arm Swing
- Arms and legs swing in opposition
- Slight forward lean and running on front portion of feet
- 4 x 100m Relay
- Teams of 4
- Have to run 400 meters combined (100 meters each)
- First person, “blocks”
- Listen for whistle
- Final runner report score to rest of group
- Groups of 4

Wrap-up (20 minutes- 10/10)

- Equipment retrieval by students
- Hand in Event Sheets filled out
- Discussion: Team Flag, Agenda for Olympics, Preparation for Tomorrow (What to expect)
- Talk for next day (Olympics)
- See you tomorrow gentlemen