

Unit Plan - Track & Field

Lesson Nine - Olympics Event

Sequence of Events

Change:

10 minutes

Opening Ceremony / Team Introduction

5 minutes

Long Jump

5 minutes

Discus

5 minutes

Shotput

5 minutes

4 x 100 m Relay (Sprint)
minutes

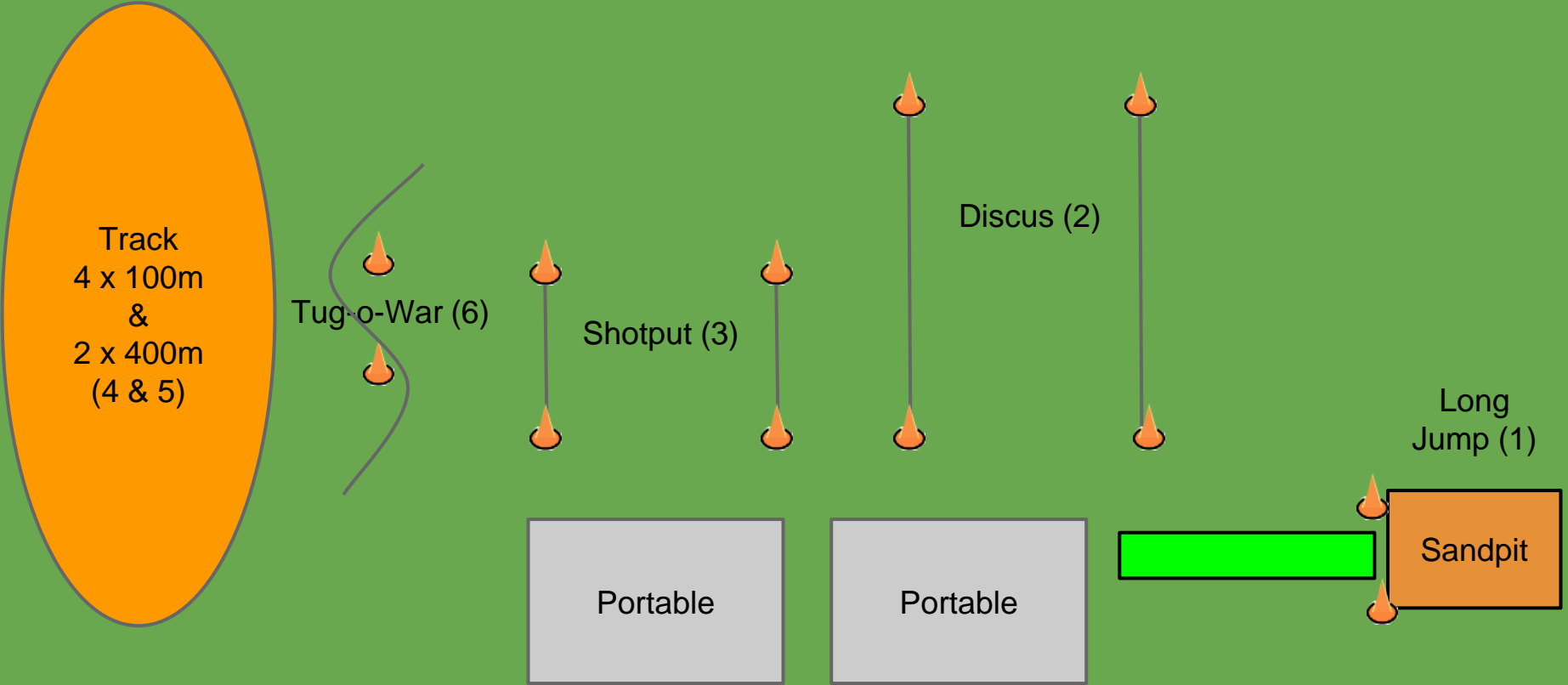
5

2 x 400m Relay (Middle)

5 minutes

T T Q W

Field Setup



What are we trying to Achieve Today

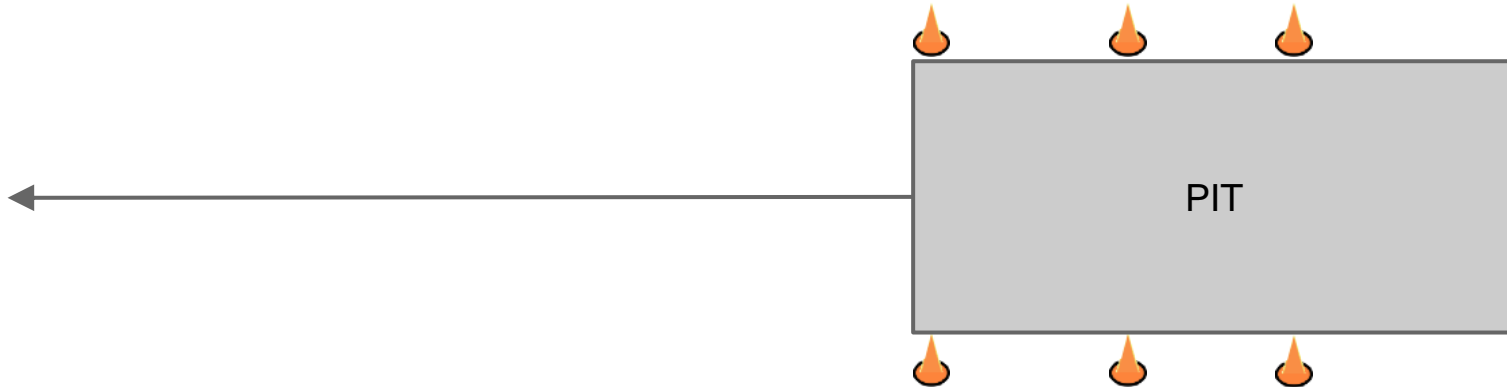
Competition Day

- Each student is competing in their strongest event to earn their team points.
- Building team bonding
- Each student is a part of the process and important to their team
- Each event winner will earn 1 bonus point for their team
- The total medal count will be tallied and the team with the most Gold will earn (10) Silver (8), Bronze (7) Red (6)
- Team tug-o-war will be for 2 bonus points
- Medal Ceremony to be held at the beginning of next class

Long Jump (5 mins) (1x Trial Each)

Each team will have 2 participants take 1 jump each

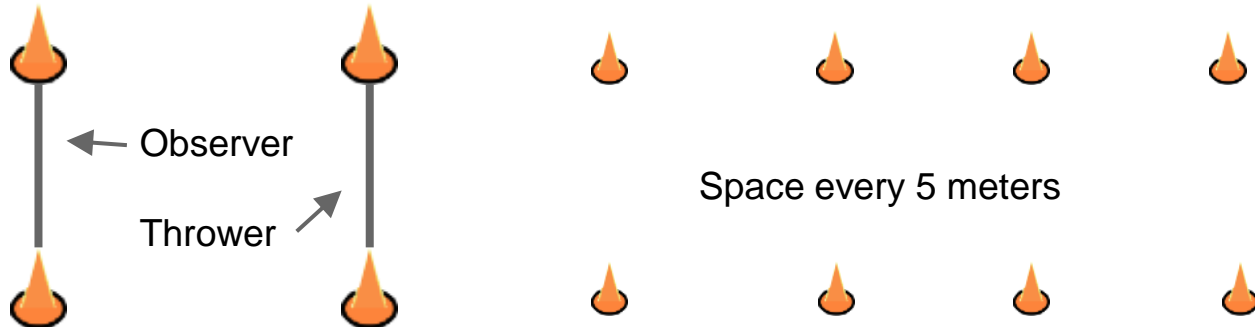
- Teacher/TA will measure and record scores.
- Wait until the pit is raked and cleared
- Disqualification (DQ) for over the board (1 retry allowed)



Discus (5 mins) (1x Trial Each)

Each team will have 2 participants toss 1 each

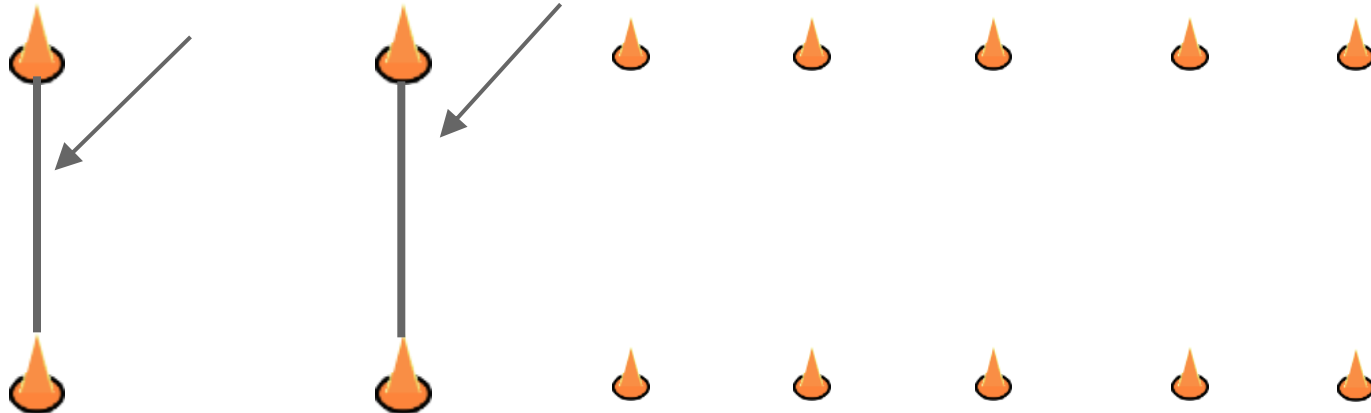
- Teacher will measure and record scores.
- Must toss from behind the line or DQ
- 1 retry allowed
- Male discus weight
- Lines are marked on field for standards with spray paint and cones



Shotput (5 mins) (1x Trial Each)

Each team will have 2 participants shotput 1 each

- Teacher will measure and record the score.
- Must throw behind line or DQ, allowed 1 retry.



4 x 100m Relay Station (5 minutes)

(1x Trial each) Each member will run 100m

- Teacher will record time/score
- 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
- Baton Pass

2 x 400m Relay Station (5 minutes)

(1x Trial each) 2 members will run 400m each

- Teacher will record time/score
- 2 x 400m Relay
- Teams of 2
- Have to run 800 meters combined (400 meters each)
- First person, “blocks”
- Listen for whistle
- Final runner report score
- Groups of 2
- Baton Pass

Team Tug-O-War (Time permitting)

1) Blue vs Green

2) Yellow vs Red

3) Non-winners of each match play against each other

4) Winners of each match play against each other

- Big Rope from Basket
- Add Links
- Use cones

Wrap-up (5 minutes)

- Equipment retrieval by students
- Medal & Closing Ceremonies Tomorrow
- Daily mark if time permits
- Time to get changed

- Marks will be updated for tomorrow as well as team scores.