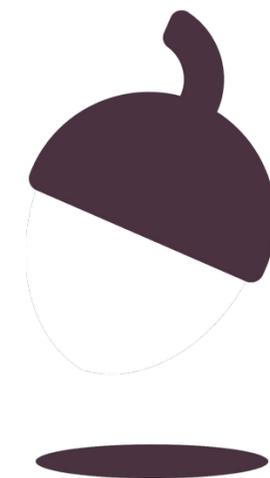


Physical Education (PE) - Athletics

Application of skills

Mr Lindley



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Athletics: Lesson 6 - Application of skills

In this lesson, you will apply all the different athletic skills that have been developed over the previous lessons in an athletics mini circuit. Agility, balance and coordination will all be tested

Learning intention

- **Physical:** to apply skills and demonstrate high quality technique in an athletics circuit.
- **Personal:** to show commitment to an activity.

Tasks

1) Circuit

- Create a simple athletics circuit which includes a speed bounce, jump, bear crawl and throw



Example circuit:

- Collect a toilet roll and perform 20 speed bounces over your towel
 - Place the toilet roll on top of others to create a tower and jump over it using your preferred jump (2:2, 1:2, scissor)
 - Take the top toilet roll back off the tower and place it on your back, whilst bear crawling across the room to your target
 - Take the toilet roll off your back and throw it, accurately, at/in to your target

2) Personal challenge

- After you have completed/practiced the circuit once, set your timer and challenge yourself to complete the circuit in the fastest possible time
 - Repeat the course but use your non-dominant side



Learning questions:

After exercising, you should cool down. What does a cool down consist of?

Why is circuit training an effective form of exercise?

STEP

S - Increase/reduce the distance covered in your circuit

T - Complete the circuit using your non-dominant side

E - Use a smaller/larger object than rolled up socks

P - Challenge someone in your household to complete the circuit - can you beat their time?

